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CORRESPONDENCE COURSE

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LESSONS

_____ ON _____

HYPNOTISM AND THE OCCULT SCIENCES

_____ BY _____

PROF. WILCOX, O. S. D.

AMERICAN SCIENTIFIC INSTITUTE,
BUFFALO, N. Y.

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AMERICAN SCIENTIFIC INSTITUTE

CORRESPONDENCE COURSE OF LESSONS

— ON —

Hypnotism, Mesmerism, Suggestive Therapeutics,
Telepathy, Clairvoyance, Mental Science
and Personal Magnetism



Edited and Compiled by PROF. WILCOX, O. S. D.

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PREFACE.

It is intended to give herein a careful delineation of, and full instructions how to Hypnotize, so that the ordinary person, who has only a limited education, may understand it and learn therefrom how to Hypnotize another with his consent, and thereby, if deemed desirable, make the practice of hypnotism (either for pleasure or for business) his daily avocation to any extent he may desire.

Quotations from several leading teachers and men who make a daily use of Hypnotism as a medicinal agent, blended with Suggestive Therapeutics and for entertaining and amusing persons or audiences will be admitted from time to time for comparison, and also that the purchaser of this course of lessons may have a full and complete knowledge of Hypnotism in all its branches when he has mastered this course of lessons. That the purchaser hereof will make a careful study of this course of lessons, memorizing such parts as are necessary and then practicing the scientific art of Hypnotism as described herein until he or she, as the case may be, has become perfectly and fully familiar with all of its instructive and highly important information is the wish of the
AUTHOR.

HYPNOTISM.

What is it? The placing of the objective functions of the brain of the subject under the influence and control of the objective functions of the brain of the operator by making the objective function of the brain of the subject passive or receptive to the suggestions of the operator, for any reason agreed upon between the subject and the operator, without a limit as to time, conditions or the nature of the suggestions to be given, except that the suggestions must be kept within the mental reserve of the patient or subject, and the subject's whole mentality must become "en rapport" with and be fully receptive to, and blended into the mentality of the operator. The word "Hypnotism" is from a Greek word and means "Sleep." It was first made use of by Dr. Braid, who practiced "Mesmerism," and when making it personal with himself named it "Hypnotism" to represent his personal manner and form of Mesmerism as originated by Dr. Mesmer. Therefore the word "Hypnotism" is a descriptive word, meaning the science of so completely blending two wills together, one into the other, that the will of the operator shall be the controlling will, and the will of the subject shall become dormant, and subject to the operator in all things, limited only by the mental reserve of the subject. In this condition the subject obeys the directions of the operator in all reasonable things. The operator should have no fear, the subject will telepathically understand your fearfulness and be affected thereby. This will act as a hindrance to you.

Be calm, confident; you cannot fail; you must succeed; your results may surprise you, but be on the lookout for many sur- things.

asleep, and you may do with him as you will within the limits of his reserve. Allow your subject to sleep a minute or more before attempting to order him about. Give such orders as the circumstances and conditions may demand. Give your directions and orders forcefully and positively, have full confidence in your subject, he will carry them out for you as you direct. Do not give silly nor ridiculous orders, be careful of anything that will give pain, that will cause fear, anger, or irritating or annoying feeling to control.

Do not give your subject any suggestions or orders you would not want given to you.

AWAKENING.

Your subject will awaken at any time, if he does not let him sleep until he does awaken. It will do him no harm, he cannot be hurt by sleep. If you desire to wake him quickly say to him when I count ten you will awaken. When you awaken you will feel better, you will feel stronger, you will feel refreshed, you will enjoy your sleep. Then count slowly one-two-three-four-five-six-seven-eight-nine-ten, now clap your hands before his face and say to him, "now! wake up! you are awake! Remember what was said to you." Leave such impressions on his mind as you desire him to retain, telling him he will forget all others.

Exhaustive research and examination proves conclusively that a Hypnotized person cannot commit crime under the influence of the Hypnotist, the instinct of self-preservation is too strong. It creates such powerful auto-suggestions that the subject will awake before complying therewith. A person in Hypnosis has a much higher sense of his moral responsibility than in his normal condition. A Hypnotic subject is always responsible for all of his acts and performs them consciously, with personal volition.

Hypnotism means Dr. Braids version of Mesmerism as practiced by him, but suggestion has no actual father among men, it has come from God Himself, and it means any influence from one person to another regardless of its nature. The word Hypnosis means a state of sleep produced by Hypnotic suggestion.

An oral suggestion is a spoken suggestion and a mental or telepathic suggestion is a suggestion given by the operation of the mind without any oral assistance. A Post Hypnotic Suggestion is a suggestion given after the subject is asleep, to be executed, carried out, or performed at a time set when the suggestion is given.

Weak willed persons must be taught to concentrate their mental condition until it comes under full control and manifestation before they may be Hypnotized easily or readily.

The stronger the will power and mental ability of the person the easier they make themselves amenable to the power and control of another. Many reputable physicians as practitioners of Hypnotism have publicly stated that they have Hypnotized different patients many different times for weeks, months, yes, even for years, and the results were very beneficial, no damaging or injurious effects arising in any degree. Dr. Bernheim, of Nancy, France, has had a very extensive experience along this line, and he positively declares a person cannot be injured in any way by being Hypnotized one or more times, and Dr. Bernheim's experiences are similar to the experience of others, especially those who have had an extensive experience, and all unite in their claim that Hypnotism cannot injure or hurt anyone in any way.

If you are dissatisfied or labor under the impression that there possibly may be something injurious in Hypnotism, learn it, practice it, investigate it, form an intimate acquaintance with it. This will absolutely convince you that there is no possible danger in Hypnotism, in any sense. Hypnotism does not weaken the will power nor the mental faculties of either the subject or operator. No one was ever injured by Hypnotism alone. Other things misnamed have done harm, and scheming, fraudulent minded teachers have sometimes imposed upon the credulity of the public, but all such

cases sifted to the bottom prove the statements and injuries charged to Hypnotism to be baseless. There is nothing about Hypnotism that will in any way injure any person. Dr. Sage in his course on Hypnotism says: "The first thing to do before attempting to Hypnotize any one is to give him a good, clear explanation of the subject, impress upon the subject's mind that Hypnotism is harmless, that he cannot be Hypnotized if he resists or fails to concentrate his attention upon your suggestions and that if he is Hypnotized (by you) you will acquire no power over him beyond the temporary influence exerted." Thus you will understand from a very eminent authority that no harm can come to the subject from Hypnotism.

AWAKENING.

Dr. Sage says of awakening: "There is a knack in throwing off the influence the same as there is in inducing sleep."

This comes from experience, it is materially assisted by instruction. Always make your efforts to awaken upward.

Do not forget when awakening a subject to tell him before you wake him that he will feel better and much refreshed from the sleep, etc., as instructed herein, it is imperative.

If your subject prefers to sleep when you desire to awaken him, let him sleep for a few minutes, say 5, 10, or 15 minutes, then awaken him, giving him the proper suggestions. He will feel better and much improved by the rest he has had.

Do not get nervous nor disconcerted, be patient, be cautious, be reserved, be careful, you can do no harm to your patient. Never hurry your patient in the least; make all excitable, nervous people leave the room if they bother you while operating. Keep quiet and self-possessed yourself, and compel your audience to do likewise or expel them from the room.

When beginning upon a new subject whom you have never Hypnotized before, use some of the slight tests in the beginning to remove his fear of you and the condition you intend to place him in, gradually leading him up to the sleep condition.

Do not be hasty about putting him to sleep. Tell him truly that you are getting acquainted with him, that you will not try to Hypnotize him yet. Let your subjects see you influence others if they are fearsome, before trying them, as it gives them confidence in you. This shows them that there is no harm nor injury from Hypnosis. Do not brag. Be plain, business-like, and smooth and even in your work. Never act unscrupulous. Never lie to your subjects under any circumstances. Get some intimate friend to allow you to practice on him, and to tell you with his eyes closed and thinking of sleep what effects him most and how he feels about it. This will give you a good guide for your acts and efforts with others.

It is much easier to deceive your subject's senses in some cases than in others. This you will discover as you try different subjects. Remember these discoveries as you make them and you will soon understand the easy and the hard senses to deceive. The sense of taste is usually the most easy to deceive, then the hearing, then sight, feeling and smell, in this order. Never awaken your subjects suddenly, and always tell them you are now going to awaken them before you begin to awaken them. If your subject becomes hysterical or nervous be calm yourself and persuade them into a calm, quiet condition before you proceed further with the suggestion.

You may use Flower's method if you wish, which is similar to this. Cause the subject to open and close his eyes as you count. This causes the subject to become weary eyed as you proceed and he will become amenable to you much quicker sometimes than he would if you employed some other method of Hypnotizing him.

Have a very determined look. If you are without it, cultivate it at once. Feel determined also, then it will be easy to look determined.

If you wish to persuade or control a man look him in the eye continually while you are talking to him. Rest your eyes if you care to by looking away from him when he is talking to you.

Do not drop your eyes nor look away when you make a proposition to anyone, look directly at him, look him in the eye, ask him the important question with a strong mental determination that he will grant your request, without modification. State your proposition in as few words as possible, be brief, to the point, pointed. Do not allow him to look away from you if you can help it. Will him to look directly at you. When the person whom you are looking at, and talking to, is looking at you all the time, he cannot reflect upon anything except what you are saying to him, and if he looks away he has an opportunity to reflect upon your proposition, this would be unfavorable to you, therefore you must keep him interested enough to keep him looking at you all the time or you may be refused. You may resort to various devices to hold the attention of the person you are talking to, for instance, tell him a funny story to amuse him, look away from him for an instant, that he may relieve himself from your gaze for a few seconds and rest his eyes, he will look back soon, then hold him with your mental control and force your point quickly upon him, before he has a chance to look away again or become tired. You may make use of any article to hold his attention, let him look at it, then when he looks back at you for explanation of it, "Strike while the iron is hot" and catch him before he looks away again. Cultivate personal ingenuity to its utmost extent. You may look away from your auditor when he is talking to you, this will give you a chance to reflect upon what he is saying to you.

Do not become loud nor boisterous. This will do harm and it keeps you away from your desired object. Keep cool, do not stew nor fret. Do not threaten. Do not offer to bet. Make your suggestions in a firm, positive tone, convincing, carrying weight with them. Give them positively, and they will affect your auditor as you desire and your desire will be granted. Practice will develop this power within you, aided by our instructions and you may become irresistible.

Practice on the suggestions given herein and if you need more instruction write us. We will furnish it for you cheerfully at a very moderate cost to you. Go into a place by yourself and practice speaking in a full, round, well modulated tone, carrying conviction therewith, and powerfully persuading withal, and you will find many opportunities to make good use of this very valuable addition to your abilities. Will power is the guiding, ruling and controlling force in all men. It rules the minds of all mankind.

Will power is a cultivatable condition in all. I do not mean personal stubbornness when I say will power. Personal stubbornness and will power are two separate things. Totally unlike each other in every sense. Many people think they have a very strong will, when the truth is they are as clay in the potter's hands with a person of a strong persuading will. They mistake stubbornness for will power. Will power is created by strong determination to produce conditions. Begin with small things, gradually increasing the size of your field of operations until you can produce any condition you desire.

Do not fail. You cannot fail. You must not know what failure means. You must go on. Will power, like muscular power, comes from right exercise thereof. Exercise develops it.

Non-use or misuse destroys it. Make it a point to keep growing from day to day stronger and stronger, until all power is within you. You must cultivate confidence in yourself. You cannot accomplish much without confidence, you simply wish until you create confidence enough to "start the ball rolling," then your wish becomes possible and your confidence creates conditions for you that only come by putting forth the effort to produce the desired result.

You must positively believe that you are able to, then perform the act. This produces the desired result. If you attempt to produce results without full confidence in your ability to produce them you will put forth only an impotent, fruitless effort. Your will power will be handicapped with your distrust of your ability and you will not succeed. Your eyes are the windows of your soul and shows the person whom you are trying to influence the amount of belief and confidence in yourself you have.



AWAKENING.

This illustrates the operator awakening a subject.

If you want to influence him you must show him by a look that you believe what you say, that you are determined and will not be refused or denied, then he will quickly think as you do, and you will prevail over him to the extent you desire.

Many people think they are willing, but they are only wishing, and they get no results. Their weakness is their worst fault, and prevents them at all times from accomplishing the end they seek. You must learn to will, then you will not mistake the wish for the will. Exercise only will develop the will. Its growth is rapid when we continually exercise it. You must develop nerve power, and store it until you are strong and powerful. The necessary exercise required to develop will is both physical and mental, and you must acquire it in this way if you would gain in will power.

As you accumulate more power you will accumulate will power. The same class of exercise will develop you both ways. Mental exercise is highly important, but you must have nerve exercise also, you must memorize more and retain it in your memory after you commit it. This is done by repetition only.

Make yourself familiar with things, and you will have no trouble to remember them. You cannot forget the things you are very familiar with. Your acts become natural to you when you have made yourself familiar with them. Form a clear conception of what you desire to do, then study it over carefully, decide on the plan, scope and programme, then move, but do not move until you are fully decided. Never go off "half cocked" as it is called. Do everything completely and fully or do not do it at all. Study the weakness of your mind, then eliminate it. Become strong as possible, and do not delay the beginning. Go at it to-day. "Now is the accepted time." "Now is the day of salvation." Study and understand clearly the division of the mental faculties, ascertain what the duties of the objective and subjective functions of the mind are. Why they operate, etc., then you may make use of this knowledge for personal growth of will power and ability that will produce you much good. Learn through what channels the mind may be influenced, also learn how to attack it.

Of course this will require some time and labor on your part, but it will be well expended and productive of good results.

If you would succeed you cannot expect to do so without labor and time being spent therefor.

Prof. Weltmer says: "Tell a person anything and if he accepts it and acts on it, he is amenable to you, and Hypnotizable, but if he will not accept it and act on it, he must be brought 'en rapport' with you by some other process." I quote this that you may avail yourself of the advantage thereof, as it is a very apt way of stating it.

Dr. Sage says: "Hypnotism with itself is absolutely harmless, and no one can be Hypnotized against his will."

You must comply with certain conditions before you can make yourself "en rapport" with your subject, and the subject must do likewise. An operator has no power as a Hypnotist not possessed by all persons. You are not exhibiting any weakness in allowing yourself to be Hypnotized easily, and perhaps not at all.

Intelligence and ability of concentration are valuable assistants to producing Hypnosis. Often a strong will will be placed in Hypnosis by a will much weaker in relative proportion.

Hypnotic effects wear off rapidly. A subject will awake if left to himself, when he has slept enough to rest him fully, voluntarily. We shall furnish you at any time subsequent to your purchase of this course of lessons on Hypnotism any information obtainable from any source relating to Hypnotism, desired by you, upon your application to us therefor, and with as little cost to you as possible. We shall be pleased to send any information you may desire, answer all answerable questions and assist you in all ways possible to become proficient as a Hypnotist.

If you find after purchasing this course of lessons on Hypnotism that you do not understand them, or think that you cannot readily learn to practice Hypnotism from them, read them over carefully, then write us all the facts, with your opinion, ask any and all questions you may desire and

wait patiently a few days for an answer to your letter which will explain to you (by answering your questions) what you want to know. Do not fret or get nervous if your answer is several days coming. Remember we have many students who are anxious to learn and who are writing us for information to fit many peculiar cases, and we therefore have many letters to answer every day, and your letter will be answered as soon as we possibly can answer it, if we ever receive it. To ascertain if your letter has gone astray, if you do not receive a word from us acknowledging the receipt of your letter and telling you when to expect your answer thereto, within a week from the time you mail your letter, and telling are so far away that your letter cannot be received and answered within that time, write again, giving the substance of your first letter and asking if we have received the first letter you sent us.

If you do not receive an answer to this second letter, continue the investigation by writing each week until you get an answer, for some of your letters will be received and answered as soon as possible, and regardless of how many of your letters may be lost in transmission, as well as the answers we have sent you, that may possibly get lost or destroyed in the same way. If you keep writing we will answer the letters we receive and you will get some of the answers, thereby getting the instruction and answer to your questions you desire. There is no other way to procure what you desire quickly, as a letter may be lost in transmission whether written by you or from us, and we can only keep track of such lost letters by writing back and forth until we are both fully satisfied and receive what we desire. You will not forget these instructions, as they are necessary to a full, complete understanding of your questions and our answers thereto. We are in a position to furnish you any information you may desire at any time if you will write for it when you want it. This is your right, your privilege, your duty when you desire any information of any nature. We are common instructors. We can furnish you with the latest information along all lines cheaper than you can procure the same information elsewhere. Apply to us at all times for anything you may want and your wishes will receive prompt attention.

With the above promise, combined with the information and instruction contained herein and holding ourselves ready at all times to furnish you with the substance and detailed directions of any and all teachers of sufficient importance to hold a reputable place in teaching any of the occult sciences, knowing you must become a proficient practitioner of Hypnotism, if you follow the instructions contained herein, supplemented with the additional information we hereby agree to give you, we leave you now to practice and study for a while, then we shall be pleased to hear from you, in your own words, how you are prospering. Whether we can assist you in any way and, if so, in what way. Which assistance we will cheerfully furnish you on application by you at all times.

When you desire to communicate with us address American Scientific Institute, No. 345-7 Ellicott Square, Buffalo, N. Y.

MESMERISM.

PREFACE.

We shall under the head of Mesmerism go somewhat into the detail and history of the origination as well as practice of Mesmerism as one of the oldest issues known to-day.

We shall not go into the subject prior to Mesmer here, reserving that for the history of Mesmerism, Hypnotism, etc., where it more properly belongs. We shall give the version of control and cure according to Mesmer himself as well as the plan and practice of Delauze, a very celebrated practitioner of mental Suggestion and control, also Mr. Colquhoun's mode of procedure and practice of mesmerism. Capt. James' mode of procedure and practice of mesmerism. Dr. Braids mode of procedure and practice of Hypnotism and Mesmerism combined. Prof. Heidenhain's different modes of procedure and practice of Mesmerism. How to magnetize water, flannels, paper, handkerchiefs, etc., as performed by Prof. Haidenhain many years ago, and by Prof. Weltmer of to-day. How the Mesmeric power may be developed; which will show the actual difference between Mesmerism and Hypnotism.

*How to actually Mesmerize, wake up, Demesmerize, Remesmerize, etc. How to induce sleep in many different ways, etc. etc. Curative Mesmerism, and other curative processes with the conditions of cure, etc., with some interesting experiments in the waking state. Ascertaining susceptibility, fascination, Phreno-Mesmerism, etc. How to Mesmerize animals, birds, etc., for much of which we are indebted to Prof. Weltmer, Prof. or Dr. Mesmer, Prof. Coats, Charcot, Capt. Jack, Drs. Braid, Haidenhain, and Carpenter, Mr. Colquhoun and many others. You will find it very instructive and entertaining as well as very beneficial from a health, as well as a monetary standpoint, and productive of much good to you personally as well as to such other persons as you may permit to share its advantages with you; that you will make good use thereof is the best wish of the author.

MESMERISM.

The date of the birth of Dr. Mesmer, is given by reliable authority as having occurred May 5th, 1734, at Stein, on the banks of the river Rhine, in what is now known as the German Confederation or more properly speaking Germany.

Dr. Mesmer studied medicine and was admitted to practice, having obtained the degree of Doctor at Vienna, under the celebrated professors of that time known as Van Snieter and Haen.

Becoming acquainted with the wonderful virtues of animal magnetism by virtue of several exhibitions and wonderful cures made by a Jesuit Priest, one Father Hell, about 1750, Dr. Mesmer commenced to investigate for himself, and having satisfied himself that the extraordinary cures made thereby were realities.

Dr. Mesmer began the practice of what has since become known to the world as "Mesmerism," and later under Dr. Braid, become "Hypnotism" which while the name may be somewhat changed will never be obliterated. Dr. Mesmer began a series of independent experiments subsequent to his attention having been called to the cures performed by the Priest, Father Hell, which soon proved to him the great value and importance of this system of cure and determined him in his choice of a line of practice for the future.

Laying aside his medical training he began the practice of animal Magnetism which afterward became under his practice and manipulation Mesmerism. Father Hell's cures were currently supposed to be produced by the subtle influence or fluid known as Magnetism, which was imparted to the patient from metallic articles, such as steel plates; magnified or magnetized, or electrified, as it is now called, which was specially prepared to be used for the specific purpose desired.



DRAWING FORWARD.

This position illustrates the act of drawing forward as practiced by the operator when he is causing the subject to fall forward towards him.

Mesmer made many remarkable discoveries during the earlier part of his practice among which are the following:

Having bled a patient as was the custom at that time, Dr. Mesmer one day accidentally passed his hand over the cicatrix, the lance puncture, to his amazement his hand produced the same or similar results to those produced by the magnet, used previously.

Dr. Mesmer learned the art of curing disease as practiced by Father Hehl, by taking personal lessons from him, he then applied himself thereto with extraordinary success.

Laboring under the impression that it was his duty to broaden his field of labor, Dr. Mesmer left Vienna, and travelled throughout Germany and Switzerland for sometime. He continued to work wonders, many of his cures approximating to the miraculous.

Kings and courtiers, as well as the people generally, vied with each other for an opportunity to attend his "levees" and to partake of his healing and curative abilities.

He then started for Paris; this was about 1778: In Paris his success was so great and remarkable that the "Elite" of society struggled for the privilege of waiting upon him and to learn his art of curing or healing. A society was actually formed for the purpose of acquiring his secret, and making use thereof in the cure of disease.

Somnambulism or clairvoyance as a derivative of his process was as yet unknown. Dr. Mesmer has a peculiar theory, the substance of which I shall give herein, as quoted by Prof. Coates, for the benefit of our students. It was as follows:—"There is a reciprocal action and reaction between the planets, the earth, and all animated nature."

The means of operating this action and reaction, is a most fine subtle fluid, which penetrates everything, and is capable of receiving and communicating all kinds of motions and impressions.

This is brought about by mechanical, but as yet unknown laws.

The reciprocal effects are analogous to an ebb and flow. The properties of matter, and organization, depend upon reciprocal action; an immediate nervous action may be expected from this fluid, as its action is similar to that of the loadstone; it flows quickly from body to body like electricity; it acts at a distance, it is a positive power; it is a specific for nervous diseases; it is a mediate cure for all disorders; it explains the action of the medicants."

This, while a very crude theory was a very bright thesis at the time and to-day modernized, is a very good description of Hypnotism as practiced and called Suggestive Therapeutics.

Among the eminent disciples and followers of Dr. Mesmer, we find such able men as the Marquis de Puységure, Caulet de Veausnel, Petelin, Bergasse, Von Humboldt, Ritter, Walther, Francis Badden, and Jussien the celebrated botanist, who was one of the leading men in his line. He investigated the theory and practiced personally, thus declaring in unmistakable terms his faith and belief in its value and ability. Prussia took up this line of treatment. The government appointed Professors of Mesmerism at the various Universities throughout the Kingdom as it then was, and later established a hospital for magnetic-healing of disease, at Jena. The director of this hospital obtained his instruction from Dr. Mesmer, at Switzerland, while Mesmer was a resident there. Dr. Mesmer subsequently returned to his native place, and became the "Lion of the hour" being visited by the most eminent men of that day; his works were edited by one of the professors of the University of Strasburg; his scientific methods of treatment became triumphant in Berlin, Jena, Bonn, Halle, Tubingen, St. Petersburg, Copenhagen, and Vienna. Dr. Mesmer's system of cures and theory of treatment, regardless of the efforts made to stop it, has performed many most wonderful cures. Dr. Malfati, one of the most talented of Vienna's physicians adopted the system of cure created by Dr. Mesmer and practiced it for many years with remarkable effects and results. Mesmerism soon found its way into England when Mr. Richard Chevecoix, F. R. S. published a series of papers on the subject in the London Medical and Psychical Journal for 1829, entitled "On Mes-



This illustrates the subject making lightning calculations under the control of the operator while in Hypnosis.

mesmism improperly called Animal Magnetism." This attracted much attention. Dr. Eliotson took up the idea and made many experiments therewith. He published his views in the London "Lancet" which produced a great sensation.

Phenomena which hitherto had been regarded as impossible was constantly produced. The medical press at this time teemed with the different incidents being daily produced, with different demonstrations and experiments. About 1835, Dr. Erdaile, of Calcutta, became famous as a practitioner of mesmerism. Several hundred cases of severe operations, mostly surgical, were performed on different patients, in the mesmeric sleep, thus proving its ability to produce complete anaesthesia. The evidence on 126 cases was laid before the government; of 10 cases reported on, 6 were operated upon without any appearance of pain; one indicated movements suggestive of pain; he declared he felt no pain; three could not be put to sleep, owing to fear.

Mesmerism was adopted by the report of a very competent commission composed of nine medical men and one reporter.

This was the first medical endorsement of Mesmerism in England.

On the strength of this report of the aforesaid commission an infirmary was established in Calcutta. All medical students were to take a six months course of study and practice therein before completing their curriculum. Physicians on the continent at this time were operating on their patients while in the mesmeric sleep, although the English physicians had not yet adopted it to any extent. London soon opened a mesmeric infirmary which was supported by public subscriptions. Dr. Elliotson had the largest percentage of cures, and a much smaller percentage of mortality than any infirmary or hospital in London, while at the head of the mesmeric infirmary. France, Germany, Switzerland, India, Great Britain, etc., now placed Mesmerism on a scientific basis which place it still retains.

M. La. Fontaine from France, now arrived in England and gave a series of public lectures and exhibitions of mesmerism.

This was adopted by Dr. Braid after much reserve and a new system created by him called "Hypnotism" then became common, being practiced by Dr. Braid. Dr. Braid's experiments were remarkable. The individual members of the medical section of the British Association gave Dr. Braid great credit for his researches. Heidenhain and Charcot, in some respects follow Dr. Braid, but somewhat at a distance.

They attribute the phenomena to monotony, irritation, touch, and perhaps to imagination, setting up one theory to refute another, preferring to dispute as to names, in preference to making use of the marvelous benefits of the science. This same class of men exist to-day in this country. While they fight about the name, or incidentals, they allow their patients to languish and die for want of the beneficent and curative properties of the scientific curative so much needed, by any name. So many men are unwilling to accept anything from another they think they see a chance to make personal, to themselves, that we see frequently men who should know better, fighting about the name of creator or many beneficent and curative scientific applications, who would produce much more desirable results from a popular point of view if they would employ the means and allow the name and creation to settle itself, as time the great regulator of all things will determine the name and creation of all things when necessary.

Mesmerism by its present day phenomena, materially helps us to understand many of the mysterious things of the past, none the less real, because calm and thoughtful scientific investigation has furnished us with a hypothesis, which if not sufficiently adequate to cover the whole ground, will, at least lead us to understand those things which are naturally explainable, or within the realm of natural law, and so often repeated that they are gradually understood.

Absolute knowledge of what is possible within natural law, is not within the ordinary understanding of men. For the Infinite is not understandable by the finite. With some persons all is mat-



This illustrates the subject disgusted with the smoking habit, caused by the suggestion of the operator while in Hypnosis.

ter. With others all is Spirit. Others have a conception of both Matter and Spirit, organic and inorganic. Mesmerism is both. We commonly recognize six modes or degrees of sleep and shall try to instruct you how to produce them.

First; the waking stage or degree. Herein the subject may or may not have been affected, although operated upon. There is no phenomena in this degree. Second; The transition stage, or degree. Here the subject is under imperfect control, the faculties retaining their control to a large extent. Vision is impaired, the subject has no longer any control over the eye. This is termed the sub-hypnotic or mesmeric degree and is the beginning of hypnosis or sleep. Third; The sleeping stage, or degree. In this degree the sleep or coma, is complete, the senses refuse to perform their functions.

The subject is unconscious to pain, he is now ready for catalepsy. His mind will now be influenced by any position his body may be placed in. Fourth; The sleep-walking or somnambulistic stage or degree. In this degree the subject "wakes up" within himself. The faculties are responsive to the influence, direction and suggestion of the operator. In this stage the phreno-Mesmeric and many other experiments are conducted. Fifth; The lucid somnambulistic stage or degree.

In this degree, lucid visions or clairvoyance, with thought transference. Intro-vision and pre-vision are possible. In this degree a subject has a clear knowledge of his internal, mental, and bodily state, he is able to calculate the nature of any disorganized condition, disease, etc. To prescribe suitable remedies and foreshadow the termination of the attack. Also the subject when placed "en rapport" with another or third person, it becomes possible for him to correctly diagnose and prescribe for the person similarly to what he has done for himself, and with as complete and truthful or correct an understanding and with the same power of prognosis.

Sixth; The Independent or spiritual stage or degree. In this stage the subjects vision is unlimited, as to space or sympathy.

He passes wholly beyond the control of the operator.

This sixth degree although rare, is well substantiated by the best authorities on the subject. This degree shows that man has a soul or spiritual existence, or that he is at all times spiritual, although clothed in the flesh. These different stages are produced according to the temperaments and other personal conditions of the subject.

Many never pass the fourth degree. All phases may be developed in any one subject. Some subjects will pass into the fifth or sixth degree without your noticing where the change occurs. Some subjects have a predisposition for one special phase or degree and others for the other degrees or stages. Those adapted for the lower degrees will not go to any higher than the fourth degree, while those fitted for the higher degrees are unable to stay long enough in the lower degrees to make it satisfactory to try them therein.

Never force a high degree subject to work in a low degree or you will spoil them entirely for all degrees, try them in each degree and then keep them in the degree that they are best adapted for, and do not try them in any other degree more than five minutes at any time.

The power to enter and remain long enough in the different degrees to give a satisfactory exhibition of their powers in that degree, is more personal with the subject than with the operator, and the operator must not force the subject or he will awake and the operators control of him thereafter will be slight indeed.

Always remember that while it is your influence that predisposes to the development of the high degrees in the subject, it is his adaptability that makes it possible for him to enter and remain in such stage or degree long enough to produce desirable results.

The faculties must be innate in the subject by which the phenomena are expressed before the operator is able to develop them.

The actual difference between Dr. Mesmer and Dr. Braid as to the practice, lay in the fact that Dr. Mesmer believed in nervous or mesmeric fluid. Dr. Braid believed in an altogether different version of influence. Dr. Braid believed in the individual or personal power of the subject, this is directly opposite to Dr. Mesmer, who believed in the individual or personal power of the operator exclusively.

Dr. Braid could produce the same effect the Mesmerists could produce by his process, thereby proving that the mesmeric process was not the only one process. Dr. Braid also proved that what is known now a-days as "auto-suggestion," was very much in evidence at all times in Mesmerism. Dr. Braid accounted for the phenomena by claiming that a derangement of the Cerebro-spinal centers and the circulating, respiring and muscular systems induced by a fixed state with repose of body, fixed attention was suppressed respiration would produce Hypnosis. He also claimed that it was the condition of the subject arising from the causes referred to that produced the conditions, and not the volition or passes of the operator. We will not stop to comment on the two opinions offered, leaving it to the student after becoming well acquainted with the different modes of procedure, to form his own opinion upon his personal experience, instead of being governed or guided by the opinions of others, thus training him to think and form opinions for himself. Delays mode of procedure, once you will be agreed and determined to treat the matter seriously, remove from the patients attention persons who might occasion you any restraint, require any one whom you allow to remain with you not to interfere by any means but to combine with you in doing a good service to the patient. Regulate your heat evenly, take every precaution to prevent interruption during the sitting. Seat your patient in a comfortable position taking a seat opposite him, have your seat somewhat higher than his, take his knees between yours, place your feet between his. Direct him to resign himself to think of nothing; to not examine the effects he will experience, to banish every fear, to indulge in hope and not to be weary nor discouraged if the action should produce in him momentary pain. Take his thumbs between your two fingers, so that the interior of your thumb may touch the interior of his thumb, then fix your eyes on him, remain from two to five minutes in this position, until you feel an equal heat is established between his thumbs and yours.

When this is complete, draw back your hands separately, then to the right and left, and turning them so that the inner surface may be right and left, and turning them so that the inner surface may be on the outside and you will raise them a little higher than the head, then place them on the two shoulders, leave them there for about a minute, then bring them down the arms, as far as the ends of the fingers slightly touching them. Recommence this pass five or six times, turning your hands away and separating them a little from the body, that you may re-ascend when ready, then place your hands above the head, keep them there for a moment, then bring them down passing in front of the face, one or two inches therefrom, going as far down as the pit of the stomach and the fingers below the ribs, then descend slowly along the body as far as the knees; repeat the same process during the greater part of the sitting; also approach the patient sometimes so as to place your hands behind the shoulders, and let them descend slowly along the spine to the small of the back, and from thence on to the haunches, and along the thighs as far as the knees. After the first pass you may dispense with placing the hands on the head, and make the subsequent passes on the arm. If no results are produced in half an hour the sitting must be terminated, the patient or subject is tired, and needs a rest. You may repeat the foregoing process as often as the subject and yourself agree upon.

If unable to produce the desired result in the first sitting, try again when convenient. You will succeed after two or more trials. This is slow work, but this line of procedure has produced the best

results of all known processes. Success is only obtained by perseverance and patience, with capacity for slow, plodding work.

"Haste makes waste," Mr. Colouhoum's system. Magnetic treatment is usually administered with the hands, and is thence called "Manipulation." The usual method is to stroke repeatedly with the palms of the hands and fingers in one direction,—downward,—from the head to the feet; returning throw the hands in a semi-cirle, turning the palms outside in order not to disturb the effort of the direct stroke. If you touch the body it is called "manipulation with contact" if it is done at a distance it is called "manipulation at a distance." The best results are produced by passes at distance and light contact. Beware of nervous irritation and cerebral activity.

Capt. James' System—Capt. James, was considered the best and most successful mesmerist since the days of Dr. Elliotson, whose friend and pupil he was. He says, Place your patient in an easy chair or let him lie down on a couch, so that he may be perfectly at ease, the operator should stand or sit opposite his patient, and should place his hand with extended fingers over the head, and make passes slowly down to the extremities, as near as possible to the face and body without touching him, after making several of these passes, point the fingers close to the patients eyes, this has more effect many times than the passes. This process should be continued for twenty minutes at the first sitting and will produce more or less effect as the susceptibility of the patient will permit. When you notice signs of sleep, persist with the passes until the eyes close. Should you observe a quivering of the eyelids you may be certain that your efforts will be successful. Sometimes slow breathing or placing the hand on the forehead will deepen the sleep, if the subject is a trifle nervous. If you fail to induce sleep in thirty minutes, desist, then ask your patient which had the most effect, the passes or the pointing of the fingers. By these inquiries you will soon learn the best method applicable to each particular case, and you should not be disheartened if you do not succeed in producing marked effects at the first or even after several attempts. Pain may be removed and diseases cured or greatly alleviated without the production of sleep, many patients succumb after fighting for many weeks apparently unaffected, and to all appearances proof against all of the resources of the operator, therefore you should persevere, you will succeed in the end. It took the Infinite Creator six days to make the world, you must not expect to upset it in one day.

AWAKENING.

With most subjects this is a very easy process. Merely blowing or fanning over the head and face with a few, tranverse passes will at once dispel sleep. Should the patient or subject experience any difficulty in opening his eyes, the operator should rub firmly and briskly over the eyebrows from the root of the nose outward to the temples with the tips of the thumbs, finishing by blowing or fanning until the subject is wide awake. When the conditions seem to require it, make the necessary arrangements and allow the patient to sleep until he awakens voluntarily, especially, when the subject in clairvoyance prescribes it for himself or another. With a little observation you will be able to determine what will be best for the subject in all ways. Your power of acting on or impressing the patients mind may be carried into and continued in the normal or waking state, and may be used with good effect in the treatment of dipsomania and other morbid conditions. So that the patient would in many cases, in consequence of the impressions made during his sleep be led to entertain an actual disgust at the vile smell of Alcoholic liquors.

Always preserve your presence of mind at all hazards.

The longest sleep will end spontaneously. Allow no one to interfere with your subject without their full consent and concurrence.

This is the system of the very best and most successful mesmerists, perseverance, diligence and presence of mind are essential requisites for a successful person in all things and more especially in Mesmerism.

The phenomena vary in the same patient at different times.

Do not be surprised if you cannot do every time as you do some times.

Dr. Braid's system.—Take any bright object between the thumb and fore and middle fingers of the left hand; hold it about 8 to 15 inches from the eyes, at such a position above the forehead as may be necessary to produce the greatest possible strain upon the eyes and the eyelids of the subject, and enable him to maintain a steady, fixed stare at the object. Direct the subject to think of and look only at the object, the pupils will soon contract, then they will dilate, then they will assume a wary position, now if the fore and middle fingers of the right hand are carried slowly toward the eyes, the eyelids will close involuntarily with a vibratory motion.

If this is not the case direct the subject to try again, telling him to allow the eyelids to close, when the fingers are carried to them, but to keep the eyeballs fixed at the same position and the mind riveted to the one idea, the object held above the eyes. This is the original Hypnotic method of Dr. Braid, that has since become so famous and beneficial and the world is now using it every day with the best possible results for the removal of diseases of all kinds.

Prof. Heidenham's method: "First stroke the temples or nose monotonously." "Second, create monotonous sounds, such as the ticking of a watch; such sounds, kept up for the necessary length of time will produce the much desired end. "If at first you don't succeed, try, try again," until you do succeed. All persons can Mesmerize some one. All persons may be Mesmerized by some one. The legitimate use of Mesmerism increases the ability to mesmerize, your health habits should be good, your will strong, with patience, endurance, perseverance and large sympathies, marked features of your character. You should have a good, full, clear eye, the color is immaterial. A steady gaze is essential. No one can be a mesmerist who cannot look a man or woman straight in the eye for several minutes. You should make all necessary movements with ease and grace. "Natural like." You should be temperate in all things. You should abstain from gross foods, impure drinks, habits, and associates, cultivate the good and the true within yourself.

The morning bath, simple diet, adequate physical exercise, calmness or evenness of mind, early and regular habits will largely contribute to successful results. You should have good self-government, cultivate will power and practice concentration of your energies. To cultivate the gaze the best time is in the morning, when the brain is clear, rested and refreshed, and all the energies alive and wide-awake.

When a person is weary and exhausted, the attempt to cultivate the gaze would probably end in sleep. This would be auto-mesmerism or auto-Hypnotism as the case may be. In your conversation, looking at the person (quietly and steadily,) to whom you are talking, is a good plan; don't stare; look straight into their eyes.

Think your thoughts as well as speak them. No one thing will as readily disconcert a liar as will a steady look. Look with a purpose, convey your intention and will in your looks. When looking with a steady and quiet gaze "Think" picture to your mind a scene, incident, phrase or sentence. Should the person looked at give expression to the ideal or words induced by you, repeat this process again and again, as opportunity is afforded, until you have eliminated the elements of accident and coincidence. While there is some element of thought transference connected with this, you must first gain the power of looking naturally and steadily at a person or an object for a considerable length of time, without weariness or fear of being personally Hypnotized. The habit of steady sight gazing may be cultivated in many ways. The most trying is to look at a bright light, a jet gas or some other light for a certain period, and in such a way as to cultivate the mental condition of superiority when looking at a human being. Any sign of weakness, such as the inability to look at a person about to be mesmerized steadily and for a sufficient length of time, would be prejudicial to successful results for you as well as the subject. Your eyes should indicate your strength of purpose, and therefore show no

sign of weakness. For this the optic nerve and the muscles of the eyes and eyelids must be educated for their work until they perform it satisfactorily and successfully.

When you have cultivated your gaze practice using it. When behind some one look steadily at the nape of their neck, with an intention of giving them a desire to turn around. This will be done by persevering practice. A small percentage of successes will soon show you what can be done and the best way to do it. You will begin to realize that the conscious direction of the will by the eye becomes a most subtle and powerful mode or vehicle of thought. The mesmerist must be powerful and his subjects must be sensitive, receptive and properly educated by him, before the operation of the will wholly and solely are to be depended upon. You must cultivate the will, as it is the best means whereby your desires may be best expressed or conveyed.

Having cultivated the gaze, practice making the passes. Little practice is necessary. All passes should be made quietly, easily and gracefully and in some respects with all the naturalness and kindness with which a mother would pet a babe, or a good nurse soothe the pains of a sick person, at the same time all passes should be made with a purpose or end in view, not with great physical but always with great mental action and intuition, passes should be practiced that you may become strong and able, you should be able to make passes from half an hour to an hour or even longer without apparent indications of weariness showing itself. Grace of physical action, with strength of body are good create strength and prevent weariness from making passes, a good line of practice is as follows: Place a chair in the center of the room, with the door locked to prevent interruption, seat yourself on another chair directly in front of the empty chair and imagine a person seated on the empty chair commence making passes with your hands with the fingers extended and directed toward the eyes of the supposed patient for the purpose of putting him to sleep. Lower your hands at a distance of from 2 to 5 inches gradually and naturally down to the knees, then to the feet. This is the downward or magnetic pass. Then resume your normal position raising up on the side and not in front of the body, and repeat the pass. This pass will soothe or produce sleep, the upward side action is to permit you to repeat the pass without undoing the effect of the pass just made.

In actual work, your mind energy or the concentrated power of the mind with a full expression thereof, made mentally, should be put into your downward passes. There should be no intuition or mind power in the upward pass. Do not touch the body unless intended, then touch it as you intend only, hard or soft, as the conditions require, upward passes never produce sleep, they create wakefulness, therefore, make them clear and outside of the body. Local and contact passes are the curative passes and are used when the intuition is to cure, not to produce sleep. Short passes are made locally without contact for the same purpose. Sleep may be produced by local passes confined to the head, the chest, arm and sometimes by terminating at the hypocondrium or pit of the stomach. Passes may be made in every direction as the conditions seem to require, but the downward passes invariably produce sleep. When you are familiar with the cultivation of the gaze and making passes, you must learn how to breathe mesmerically.

There is an art in breathing as well as in gazing or in making passes. All of these must be cultivated. This is the most natural and healthy method known, you will find it of great benefit to you personally. If you never attempt to mesmerize anyone, each morning on arising you should stand erect, throw your chest well out, shut your mouth, and inhale slowly through your nostrils and fully expand your lungs with air, you should retain this air in the lungs as long as possible before exhaling it, you should exhale slowly exercising as much control over the exhaling as over the inhaling and retaining of the air in the lungs. When you have complete control over the inhaling, retaining, and exhaling the air, then practice breathing as follows: Hot breathing or air expired from the chest direct,

is soothing, healing, curative. Cold breathing, or the air blown slowly and deliberately from the compressed lips, has most salutary effects, and is arousing and very wakeful in character. Very remarkable effects are obtained by breathing through flannel or clothing. Cultivation of the steady eye, the graceful passes, and a long and powerful breath will develop health and strengthen the physical and mental powers. It will also help to strengthen and concentrate the will. Do not waste your time on any man who makes a bet through pride, vanity or ignorance that he cannot be placed under your influence. Practice playing the willing game, it will materially assist you in mental concentration.

It is as follows: With a company of three or more gathered together send one of them out of the room. Then hide an article upon which all are agreed, in a place also agreed upon, then allow the person to enter the room, all must be silent, and each person must think exclusively of the article and place where it is hidden.

The person who left the room will telegraphically know what the article is and where it is hidden by following the first impression.

Think of such words as "Hope" "Faith" "Father," "Mother," etc. The first inspiration of the person entering the room will be the right word. This is good practice for operators and subjects as it cultivates quickened mental conditions. When you require further instructions write us and they will be sent you as quickly as possible.

If you find after purchasing this course of lessons on Mesmerism that you do not understand them, or think that you cannot readily learn to practice Mesmerism from them, read them over carefully, then write us all the facts, with your opinion, ask any and all questions you may desire and wait patiently for a few days for an answer to your letter, which will explain to you (by answering your questions) what you want to know. Do not fret or get nervous if your answer is several days coming. Remember we have many students who are anxious to learn and who are writing us for information to fit many peculiar cases, and we therefore have many letters to answer every day, and your letter will be answered as soon as we possibly can answer it, if we ever received it. To ascertain if your letter has gone astray, if you do not receive a word from us acknowledging the receipt of your letter and telling you when to expect your answer thereto within a week from the time you mail your letter, unless you are so far away that your letter cannot be received and answered within that time, write again, giving the substance of your first letter and asking if we have received the first letter you sent us.

If you do not receive an answer to this second letter, continue the investigation by writing each week until you get an answer, for some of your letters will be received and answered as soon as possible, and regardless of how many of your letters may be lost in transmission, as well as the answers thereto, that may possibly get lost or destroyed in the same way, if you keep writing we will answer the letters we receive and you will get some of the answers, thereby getting the instruction and answer to your questions you desire. There is no other way to procure what you desire quickly, as a letter may be lost in transmission whether written by you or from us, and we can only keep track of such lost letters by writing back and forth until we are both fully satisfied and receive what we desire. You will not forget these instructions, as they are necessary to a full, complete understanding of your questions and our answers thereto. We are in a position to furnish you any information you may desire at any time if you will write for it when you want it. This is your right, your privilege, your duty when you desire any information of any nature. We are common instructors. We can furnish you with the latest information along all lines cheaper than you can procure the same information elsewhere. Apply to us at all times for anything you may want and your wishes will receive prompt attention.

With the above promise, combined with the information and instruction contained herein, and holding ourselves ready at all times to furnish you with the substance and detailed directions of any

and all teachers of sufficient importance to hold a reputable place in teaching any of the occult sciences, (knowing you must become a proficient practitioner of Mesmerism). (If you will follow the instructions contained herein, supplemented with the additional information we hereby agree to give you.) We leave you now to practice and study for a while, then we shall be pleased to hear from you, in your own words, how you are prospering. Whether we can assist you in any way, and if so, in what way. Which assistance we will cheerfully furnish you on application by you at all times. When you desire to communicate with us address American Scientific Institute, No. 345-7 Ellicott Square, Buffalo, N. Y.

MAGNETIC HEALING.

PREFACE.

We shall give in this course of lessons on magnetic healing the system employed by all the leading magnetic healers who have attained sufficient prominence to make their system worth an investigation. Magnetic Healing is essentially an ancient system of Healing. It was practiced by the Jews all through the mosaic reign and by the successors of Moses and Aaron down to the time of Christ, when it became somewhat superseded by the more intelligent system practiced by Christ himself. After the death of Christ it began to flourish and has continued to increase in usefulness and ability to remove, cure and heal diseases from year to year until today it occupies a leading place in the systems of curing diseases second to none. Probably the most successful magnetic healer of today is Prof. Weltmer, of Nevada, Mo., who has attained a most remarkable practice. Prof. Weltmer uses Hypnotism and Mesmerism in his magnetic healing in a very scientific manner and has many capable and well trained assistants. A careful study of his lessons on magnetic healing discloses the fact that it really consists of Hypnotism and Mesmerism with suggestive therapeutics scientifically handled and applied. There is no question about the curative properties of Hypnotism and Mesmerism separately or together, for this reason we urgently advise our students to make a careful study of both of them. It will be time well spent by anyone. It will be necessary for you if you desire to become a powerful Magnetic Healer, to live simply and purely and to have real faith in your method of cure. If you have no heart to cure or heal disease or no sympathy, you will have no will to do so, and therefore you will be without the power, because, by doubting your power you will be unable to use it; you will be without the necessary virtue, which goes forth to heal; you must have sympathy for the suffering, an ardent desire to relieve them, and a positive will to do so. Then the way will soon open and you will find much suffering to relieve. That you will so live and act as to make you a most capable, efficient magnetic healer is the wish of the

AUTHOR.

MAGNETIC HEALING.

To be a successful Magnetic Healer you must understand hypnotism and mesmerism and be a competent, capable, practitioner of either one or both. Therefore if you are not already the owner of a course of lessons on both Hypnotism and Mesmerism you should purchase the course of lessons on Hypnotism and Mesmerism for sale by the American Scientific Institute at No. 345-7 Ellicott Square, Buffalo, N. Y., at once.

First you must have a strong vital organization, and you must be large-hearted, and kindly disposed, a person with a devitalized organization cannot make a Magnetic Healer of himself until such devitalized conditions are entirely eradicated; a person cannot give what they have not to another. In Hydropathy, or the treatment of disease by the use of water, manipulations constitute a large part of the treatment, much benefit may be procured therefrom when the work performed is by healthy, cheerful, buoyant, attendant. The success which attends certain remedies in the form of oils, which are well advertised, may frequently be traced to the faithful observation of the directions which request that it shall be rubbed briskly with a warm hand for several minutes. All external remedies are rendered more efficacious when rubbed in briskly. The healing gift is enjoyed by more persons than have any knowledge thereof. And cultivation brings out latent possessions we never realized the possession of previously. The large hearted intuitive physician, the mother, nurse or friend whose presence is more enjoyed, whose advice is more often desired and followed by the sick, are possessed of the healing

gift in a large degree, which being perceived intuitively by the sick opens the way for them to become successful Magnetic Healers. This gift must be accompanied by goodness and sympathy, which when blended together form one of the strongest gifts of healing possible to acquire. If you are without these possessions, cultivate and enlarge them within yourself, and you will soon become a most successful healer. There is much to be accomplished by even the weak, tender and delicate. If they will cause the heart and head to work together. The Magnetic Healer studies, practices and cultivates himself, that he may bring the benefits of the head and heart blended together to bear upon his patient, thus accomplishing by tried and approved methods what others bring about in a smaller degree by their intuition. While many heal others of different ailments at great cost to themselves, they are able to continue so to treat, for they seem to understand the power of quick recovery and replenishment, which permits it. If you attempt to treat or heal many diseases of a severe character or nature you should have an abundance of health and vitality, also determination, patience and sympathy as they are requisites for such treatment. Ladies make the best of healers and nurses. Ladies may easily cultivate and practice the art of Magnetic Healing. The power to heal disease is the most desirable art possible to cultivate for all. Magnetic Healing will cure colds, allay inflammatory symptoms and cure bilious attacks quicker than any known remedy; it will reduce a white swelling, a painful disease of the knee joint, and as quickly relieve the agony arising from a cut or crushed finger or limb; cancerous and numerous growths are also amenable to Magnetic Healing much quicker than any other means of cure; in fact, there is scarcely any form of disease which may not be relieved, when a cure is not possible, by the steady persevering and judicious use of Magnetic Healing. Massage, shampooing, muscular and Kenetic movements are different modes of local mesmeric treatment or Magnetic Healing. Writers cramps and ailments of that class of nervo-muscular ills are easily cured by Magnetic Healing intelligently practiced. This is the result of deftness of direction and power of manipulation, sometimes termed tactus emditus or what in plain English is known as a knack. Sometimes the practice might be called "Massage" combined with local gymnastics. Persons suffering from diseases are particularly susceptible to Magnetic Healing. And this is not confined to those included under the head of nervous Diseases, but include all forms of disease. Apart from the desire of the patients for relief, their condition renders them specially receptive to a healthy operators influence. Many persons who in a state of health are opposed to Magnetic Healing, when sick and unable to procure the desired cure from the family doctor or specialist, apply to the Magnetic Healer and get a cure they could not find elsewhere. Sleep is the chief mesmeric process to which is added the proper suggestion. Then the use of the clairvoyant subject for diagnosis, and prescription. The proper use of medicines, baths, rules of diet and certain processes of healing. The treatment may be local or general, exercised solely for alleviation and cure, without sleep, as sleep is not absolutely necessary in the majority of cases. But when sleep is necessary you should not hesitate nor fail to produce it. But do not resort to sleep when it is unnecessary. If you intend to make Magnetic Healing your life business, do it with all your might. That is, put your soul into it, avoid experiments, direct your attention, energies, and all your powers to the work. Disease means a disturbance of the life forces. A want of harmony throughout the organization, this is shown by a hot head with cold feet, or cold stomach, bad digestion, a hot front head, or back head, with mental excitement or temper or diseased Amatory desires, etc., etc. By local and general passes, according to the circumstances you will be able to dissipate the heated and feverish conditions. Banish all evil influences, and infuse warmth and life where absent. You will be able to equalize the circulation throughout the organization by withdrawing from each organ, or part, that may be overcharged, such overcharge, and conveying it to the part that is feeble or deficient, then imparting your magnetism to your patients will restore them to a state of ease or health. Remember there are a few limits known to all. They are the limits of the personality of the practitioner. Therefore give help where you can, educate your patient out of the hereditary or



This illustrates a student practicing Magnetic Healing upon a subject, curing or healing her of a bad headache.

constitutional taint or defect, opinion or ideas, eradicate organic ailments where possible by both the education and Magnetic Healing combined, thus you will cure many if not all classes of disease and many diseases you deemed incurable will disappear under your care. Always impart a cheerful and hopeful spirit to your patient. Get a full history of the disorder, gently soothe and relieve the pain, quiet the nerves, restore sleep and strength as much as possible, and your results will surprise both yourself and patient. In chronic and acute disease when there is a periodicity of attack, sleep is recommended to break that periodicity, and to lengthen the intervals between the attacks. In mental, psychological and nervous troubles, sleep is advised whenever possible. Use mesmerism here, using the long pass from the head to the feet. Place the patient in bed, or cause him to lie on a sofa and thus materially facilitate your operations, you will soon begin to see the effect of your operations by the improvement of your patient. When a patient looks for you, is impatient for your visit, it is a good sign. It indicates your influence and presence to be refreshing and restorative in character. Should you find your influence disagreeable to your patient, and this continues after several visits, you should discontinue your visits to such patient, as you are doing more harm than good. This does not imply that you should discontinue your visits to your patient simply because favorable results are somewhat tardy in making their appearance. Where your influence is not disagreeable, it is your duty to persevere, for the best results await your efforts. You cannot do harm, and you will do much good. Where there is nervousness and great debility, operate from the head, downward, making long passes from the back head at first, then short passes locally. If the action of the heart is weak, if palpitation is characteristic, breathe in upon it at the termination of each treatment. You will be agreeably surprised at the warmth and generous feeling transferred through your patients organism in consequence. You can subdue the most violent coughing fit by a steady and gentle breathing upon the spine, just between the shoulder blades let the patient be child or adult, as long as the clothing, under or upper, is not made of silk, the breathing will be effectual. If the patient wears silk under or over it must be removed as the silk interferes with the employment of your curative treatment. Your lungs should be freely expanded. Your mouth placed close to the parts or as near as the clothing will admit, and a steady, strong stream of your breathe thrown in upon the place. When you remove your mouth you should place your hand open, palm downwards, over the place, while you refill your lungs, you should repeat the operation several times. Rheumatic and Neuralgic derangements and ailments of that class and all cuttings, bruises and burns, should be treated locally. Make your passes follow the course of the nerves of sensation. There is no need to remove the clothing in giving mesmeric treatments unless they are silk or some other nonconducting material. Toothache is a very common affliction. You will have many opportunities of relieving if not fully curing it. The best method of cure is to lay your hand upon the affected part, and hold it there for a few minutes. This prepares the face for the next movement or curative act, then place a piece of flannel over the ear, the same side as the ache is on, keep your hand still on the face on the sore spot. Place the flannel under your hand as well as over the ear, place the other hand on the head to hold the other end of the flannel on the top of the head, if you cannot get a piece of flannel use a handkerchief four fold large enough to cover the top of the head and side of the face. Now breathe strongly and steadily into the ear through the covering thus made with the flannel or handkerchief. Do this two or in bad cases three or four times, strongly willing the removal of the pain. A warm soothing influence will soon reach the offending tooth and the pain will vanish. At the last breath remove the flannel or handkerchief quickly and the pain will be no more. If the pain should come back from catching another cold perform the same operation as described above and it will vanish as before. Several successes like the above, while simple in themselves, will enable you to try your ability on more serious afflictions. Violent headaches arising from bilious attacks can be relieved in a remarkable way by passes. You should seat your patient, then stand behind him, and place your hands on his forehead. Keep them there for a few mo-

ments then make short passes in contact, gently and firmly, with slight pressure on the temples and backward over the side and top of the head to the crown, then draw out and shake your fingers as if you were throwing water off them and proceed to make the same passes again as before directed. Relief will be given in from five to fifteen minutes, and the pain will disappear altogether soon. In rheumatism and diseases of this painful class Magnetic and Mesmeric passes and treatment work like a charm. The patient is always pleased to be relieved of his pain, and as the pain subsides his mental and physical conditions become more favorably receptive to your treatment. If in treating a rheumatic patient, pain is moved from the shoulder to the middle of the arm above the elbow. Continue your treatment, but instead of making drawing passes to the fingers endeavor to draw the pain down to and out of the elbow joint. If you are able to move the pain, if only an inch from where it was, you have it under your control, and you will be able in time to entirely eradicate it. Mesmerized or magnetized water is a most powerful remedial agent. It can be taken internally as a medicine or drink, or it may be used externally by a compression or in a bath. Mesmerized or Magnetized water proves its own value, by producing results. The most obstinate cases of constipation are cured with it. Many persons who have taken pills for years or other strong aperients every second day to make their bowels act, have been entirely cured with Mesmeric or Magnetized water taken daily for a few weeks. One particular cure the writer has read of where the peristaltic or worm like action of the bowels seemed temporarily paralyzed, and drugs were used freely without effect; he was given a glass of Mesmerized or Magnetized water but twice, when his difficulty was remedied. The treatment was continued for five weeks and he was completely cured. The Mesmerized or Magnetized water was shipped to him from Liverpool, and the patient lived at Blackburn, England. Magnetized water is very valuable for its use, you can get at the organization of all persons therapeutically, in the absence of personal attendance. The water in a short time will get into the circulation and wherever there are nerves and arteries the curative life force of the water will be carried on its healing mission. Similar astonishing results will be produced by the use of Magnetized Mediums, such as flannels, paper, pillsules, etc. etc. Lay your hand upon a looking glass for a few minutes, then raise it. You will find a vaporous impression of your hand upon the glass, which will die away from perceptible vision in a short time. No one would ever think or imagine your hand had ever been laid thereon. Breathe upon the looking glass at any subsequent time, three days or a week afterward, (if the glass has not been thoroughly cleaned in the meantime) and this breathing upon the glass will show the impression your hand made upon the glass several days or a week or more back as though it had always been there. It often happens that unseen to mortal eyes or hidden from perceptible vision, yes, even beyond scientific or medical detection, we are always laying our hands upon and creating influences on or about our fellowmen, which only need the opportunity, or right treating to expose or reveal the part, actions, and thoughts, so often forgotten. You cannot speak, look, or shake hands with others, without leaving an impression on them. This is true to all perceiving minds in all of the ordinary affairs of life. Where no man or woman can live or die to himself alone. Then how much more so must it be to one who makes it his business to heal or cure disease? Who acts with a positive intention. If you cultivate any power. Yes, if you have any natural inherent power, that power will surely make itself felt and if rightly used and exercised is productive of much good. To mesmerize or Magnetize water, hold the tumbler of water filled full, in the left hand, or if left handed hold the tumbler in your right hand, and hold the fingers of the other hand over it. Pointing down toward the water. Convey to it by a strong concentration of your desire, your intention to magnetize it; thus you may make it an aperient an instringent, a tonic, or a nervine. The ultimate idea is to soothe and tranquilize the system and enable the "vis Medicatrix naturae" to do its work for the recovery of your patient. Make your Magnetized water of water carefully filtered. If possible have it a spring water this makes a healthy, natural, pure drink, and furnishes a much better vehicle for your influence. Sometimes this water cannot



This illustrates a student Magnetising water for healing purposes.

be safely sent a great distance. In such cases Magnetize Pilules and send them. Hold the pure sugar pilules in your hand and roll them in the hollow of your hands. Then breathe upon them several times, before bottling them. Use the ordinary homeopathic pilule as it is for sale before Medication. Bandages or belts for the waist, soles or socks, for the feet, are of great service to many persons. You can communicate your Magnetic force and virtue to the diet of your patient with much benefit to him whenever it may seem desirable to you.

AUXILIARIES.

You should eliminate dirt and impurities in the surroundings and habits, over eating and drinking, lack of healthy, useful or suitable employment, reckless or prodigal dispositions should also receive some attention from you, unhealthy employments, etc., etc. Insist upon temperance, general moderation, a cheerful, calm, frame of mind, personal cleanliness, with domestic sanitation, aided by hygiene. When you cure a patient of neuralgia, rheumatism, or some pulmonary affection of the lungs, a weakness of the heart, or gout. If in the course of a few months thereafter the patient relapses into bad habits he may set up the conditions of disease again, this is not through any fault of yours, for this reason you should discover as much as possible the cause and history of the diseased conditions your patient suffers from and remove them with the same process you affect a cure with. Then caution your patient to abstain from them thereafter or your labor will have been in vain. Drive out gluttony wherever you find it, as it is productive of much disease. Direct them to eat enough, but to stop when they have enough. Direct them to eat freely of fruit in season, whole meal bread, milk, butter, eggs, corn beef, mutton, chickens, white fish, etc. etc., in moderation as they form excellent articles of diet. Pure food makes pure blood; and pure blood is an essential to health all the time. Direct your patient to take at least a weekly bath, a bath every morning or evening will be much better, but every one should bathe at least once a week, insist upon this; the morning bath is the best. It should be a rapid wash of the whole body. Warm, tepid or cold water according to the health and vitality of the patient. Select carefully the kind of bath, for your patient, then insist upon it being carried out, by them. The impurities thrown out during the night from the process of renovation which goes on during sleep, are easily removed in the morning bath, therefore if you purify the skin in the morning you get better results. The morning bath is very useful in liver and kidney diseases, as well as in bladder and urinary diseases, much crankiness, nervous diseases, depression, lowness of spirit, and we may say actual disease may be traced to laziness, and the want of personal cleanliness. A warm cleansing or vapor bath should be taken at least once a week. A tepid bath once a day, will be found useful in most cases. The best time for this bath is in the morning. But if inconvenient, take it in the evening. See that your patients do likewise. The question of meals and baths is best left to your personal judgement upon the peculiarities of each case. Fresh air, cheerful surroundings and companionships are matters to receive your careful attention. If you have any control over your patients you must have it over their mind. This should be exercised in the right way, in the direction of health. If your patient employs a doctor also, leave the incidentals for a consultation with him, then if he does not order them you may do so. The medical adviser will act in unison with you if you consult with and recommend to him what you think right, he will then order the patient as you request. In no event issue opposite orders to those left by the doctor without a consultation with him, study to become a student of human nature. Learn phrenology and physiognomy, you will find them interesting studies, and you will find the time well spent, that you employ in making yourself familiar therewith. The public opinion of hypnotism and mesmerism are very far from being right, and it is your duty when taking up the study and practice of these deeply scientific instructions to so conduct yourself that you will prove to the world the uses, and benefits of your scientific learning and be able to prove the advantages and possible elevations for students of the occult sciences, that you may assist as much

as you may be able in educating the world out of its present way of thinking into the better and right way of thinking, for their general uplifting and benefit; in all your acts be just, make all your movements wholesome, happy healthy, beneficial, elevating in character, always, never injuring it, never descend to practical jokes, never do aught hurtful or unpleasant, never act ridiculous, never amuse others at the expense of your subjects health or happiness. A patient or subject placed for a few minutes before the full blaze of an electric light will become fascinated, this may be produced by an ordinary light if the patient or subject will sit and look at it long enough, or until they become sleepy from looking at it. This is what is called anaesthetic, in this state the subject or patient can be pinched without exhibiting pain. The different members of the body will retain whatever attitude may be given them. This condition is known as cataleptic, you cannot question your patient in that state. Whatever position you place your subject in while in this condition, he will at once personify that position, make him tragic, he will become severe visaged, with contracted eyebrows, etc. Place him in a prayerful position, he will soften his fierce expression and produce supplicating features. If you now cut off the light, he will become somnambulist, he will fall backward, close his eyes, and his skin will act as if electrified, if you touch it or rub it, it will contract. If you speak to your subject now he will come to you, he will obey your directions mechanically, his eyes will remain closed all the time. Blow in the face of your subject and he will awaken instantly, he will not remember anything he has passed through. The action of sound is identical with light in the hands of an intelligent practitioner, you should procure a first class and complete knowledge of phrenology as well as of physiognomy, to use with this course of lessons as they are necessary for you if you would make an intelligent practitioner of yourself, then you can excite the latent functions of the brain of the subject or patient and quiet the excited functions of brain and cause complete revulsion and reaction of his condition, thus removing the existing unhealthy condition and restoring to him healthy conditions with slight effort and expenditure from yourself. It is only in the somnambulist state that you can exhibit the peculiar effects of the science of phrenology, etc. In this state the mental faculties are like a piano, and you may play upon them as you would play upon a piano, if you have learned this valuable lesson of life. This will prove to you their truthness and the depth of the science of phrenology as you have learned it. This class of experiments are most satisfactory and conclusive, as well as effective. The phenomena you produce are not produced by suggestion, accident or imagination, as some may think who are not familiar therewith. In a majority of cases the subject will have no knowledge of the process or results. To be successful you must be familiar with both Mesmerism and Hypnotism on one hand and phrenology and physiognomy on the other hand. Do not slight your studies. You need to dig deep into both that you may procure a full, complete knowledge that you may work with at all times. The frequent failures which are sure to follow where only a little knowledge is possessed has led many to think that this class of phenomena are fugitive in character, or where specifically determined are due to coincidence, accident, imagination, etc. This you may readily prove to be false if you will make a careful study and practice of both sciences and produce actual results from an intelligent practice thereof. You must make due allowance for the dull and bright subjects and do not tie yourself to any one subject and think that the sun, moon and stars rise and set in it, for if you do you will soon find you have fenced yourself in, and you will not get beyond your limits unless you knock down the fence. Persons of mental and mental vital temperaments are much more sprightly and vivacious, they respond much more readily to your influence than will those of a more stolid and a less impressive nature. In some cases contact or touch is not necessary. In the more stolid class you will find they will require sometimes decided and continuous pressure before their cerebral organs will respond. The first mentioned, while more amenable when once asleep, are the hardest to reduce to sleep. When asleep they make good thought-readers, thought-transferers, psychometrists, and phrenomesmerists, etc., etc., when asleep under



This illustrates a student curing stammering in a subject. The student is showing the subject how to read correctly while in hypnosis, and under the influence completely, yet awake.

your manipulation, and the peculiar nervous conditions induced by it. The whole brain, especially that of the animal life and sense, is more or less dormant or benumbed. The somnambulistic state may often be brought about by a partial de-mesmerization. By your ability certain organs may be stimulated or quieted as you will, and you may direct them as you will whenever you desire. To produce phreno-mesmeric conditions proceed as follows: Having first acquired a complete knowledge of mesmerism and phrenology, put your subject to sleep. Put him in a deep unconscious sleep, recognizing your power to place any limb in an active or an inactive state and make use thereof in that line of work upon the brain separately and alone. The mind, directed by your influence, when determinedly applied to any particular organ, the one you desire to arouse, and assisted by touching it, will soon cause such organ to be filled with arterial blood, which will soon be brought to bear upon that organ without further effort on your part, and this faculty will become exalted or inspired at once, for instance, you excite "Language," "Time" and "Mirthfulness" and your subject will probably sing some funny song, or an amusing or witty song. Then you excite "Imitation" and "Language" and foreign languages may be repeated verbatim without hesitation or flaw. Then excite "Language," "Veneration" and "Spirituality," and the face of your subject will become reverential, devotional and flooded with hallowed light.

His invocations to the Deity will be most impressive and devout. If you excite "Destructiveness," and "energy," activity with possibly passion and temper will be manifested. If you excite "Acquisitiveness" a desire to acquire will become supremely prominent. If you excite "Benevolence" he will evince a desire to be liberal and give away to others. The limit of each will be governed by the surrounding or correlative organs you may excite at the same time. To quiet this excitement blow steadily on the one or more organs you have excited, until they are quiet. Always be careful to carefully demesmerize your subject when you are satisfied with your product.

Do not continue the experiments too long or you may tire your patient so much that he will not enjoy being your subject as much as if you were more considerate with him. In every instance the natural faculty will be most beautifully exhibited and manifested under intelligent practice. This cannot be done as well with a subject in a waking condition. Capt. John James in writing on this subject says: "An educated man, for instance, may, for the first time in his life, be thrown into the Mesmeric sleep, and the operator by touching and according to the sensitiveness of the subject, by merely pointing at the organ or organs of the subject, may cause the subject to exhibit the signs of excitement of that organ. If the organ be that of 'benevolence' the subject will fancy or dream that he sees before him some pitiable object, which awakens his interest and compassion. If 'combativeness' be touched he will immediately show signs of anger. He will fancy he is quarreling with someone, desire a fight, he may even strike his operator. Blow over the excited organ, or if you prefer excite benevolence more than you have the other and he will immediately change. Should 'combativeness' and 'destructiveness' be very small the excitement of these organs will lead your subject to imagine that some one is trying to quarrel with him, yet neither his countenance nor his actions will betray any feeling of anger." He further adds: "The most interesting experiments take place when two or more organs are simultaneously excited." You may have some trouble in selecting your subject until you become proficient as a reader of human nature and physiognomy and phrenology, but perseverance will teach you many things you will value highly. In a majority of cases the mesmeric touch will convey adequate stimuli to the localized nerve centers, and this is the true cause of all this peculiar phenomena. The response in all cases will be governed by temperamental conditions and the subject's brain development. There are some cases when the will of the operator is communicated to the subject by the touch, and it may be necessary sometimes that both touch and will combined are necessary, but it frequently happens that the will alone is all that is required, if your subject is sensitive and carefully selected.

If you have learned to practice Telepathy intelligently you will understand how to will your subject to do as you desire without oral suggestion, if not, you had better learn to practice Telepathy intelligently at once, for you will find it an invaluable addition to your capability. You may try your ability to Mesmerize animals if you desire to practice along this line, as all well equipped practitioners do, for even the most learned and intelligent M. D.'s are frequently called upon to prescribe for a pet cat or dog or other animals belonging to their patients, who, having unbounded faith in their ability, as demonstrated in their personal experience, they naturally prefer that he shall also prescribe for their pet, whom many times they love as dearly as they do the members of their family, and sometimes more so.

Animals are more easily hypnotized than mesmerized, but you may employ both or either process as the conditions seem to require. A reasonable perseverance will develop you, and show your abilities to others in such a light that you will secure business from persons who will employ you first for their pet animals, then for themselves, from the ability displayed in handling their pets, and having now their confidence and exhibited your ability in a light which will command their business, you will soon find yourself in demand with a large and growing list of patients, who will pay just as liberally for your services for their pets as for themselves. You must cultivate absolute fearlessness by becoming perfectly familiar with all kinds of domestic animals. You cannot control an animal you fear. Here a knowledge of temperament and disposition will be of much service to you. You must approach all animals, as well as persons, in a natural and easy way. Practice the following plan until it is second nature with you. Enter the place where the animal may be, close the doors behind you and remain alone with your patient while you are working upon him, walk decidedly up to the animal, keep close to his head, seize him by the forelock, or ears, with your right hand, and by the nostrils with the thumb and forefinger of the left hand; close the thumb and forefinger upon the septum or cartilage, dividing the nostrils with a tight grip, make sure of your hold. Draw the head down and blow strongly and steadily into the ear for about five minutes. If fractious or inclined to madness or other improper or sick actions he will soon quiet down and begin to tremble. This trembling will increase as you thus master him. Give him two or three gentle pats on the shoulder, speak firmly and kindly as you would to a human being, then make passes from between the ears to as far down the back as you may conveniently reach without letting go of the nose with your left hand. Should he attempt to break from you, plunge, kick, scratch, or bite you, grasp tightly with your right hand his ear, draw his head down, and repeat the above directed action. The moment he is quiet resume the passes and the patting. When you have succeeded in controlling him, make passes from the top of the head down over the nostril until he becomes amenable to you. Do not hurry, have patience and you will soon control him as you would a person. Always remember he is an intelligent being and knows what you say to him as well as any person. Direct him to do anything the circumstances may seem to require, that is with common sense and within his ability. If he becomes refractory, resume the breathing process, accompanied by passes, until he submits and becomes passive to your orders, obeying them without hesitation. If it is a horse you have in hand, you may take him out and give him some work, using only a bridle with long reins and whip, give him ring exercise, walking, running, etc., until he perspires, then rub him down and brush him off carefully, then let him cool off, and put him back into his stall for that day. If a domestic animal, when completely under your influence gently massage the location of the disease until you are sure you have removed it all that may be possible at that time. Repeat this process for an hour, not less than once each day for a week, and you will have no trouble with him after this. He will gradually become as well as ever. Passes steadily made over the eyes and down to the nose of all animals, will gradually put them to sleep. When asleep you may do as the condition requires. Leave them to awaken when they have slept off your influence. Never awaken them yourself. Trembling or fidgetiness is a good sign. Use your

intentions on an animal as you would on a human being. Do not close the animal's eyes with your fingers, continue your passes, his eyes will close themselves, or his pupils will become dilated, which shows you that the desired effect is being produced upon him. If your animal is not catalepted when asleep he will follow your directions like a human being. Your eyes are very powerful in Mesmerizing animals, as well as men. Practice a steady look, with intention shining out of your eye all the time. If you should think it preferable to demagnetize your patient for any reason, take an ordinary pocket handkerchief and waft it rapidly over the subject, call it by name, and it will soon "come to" all right. Much or many experiments may be suggested to you, but your own fertility of resource and thought will provide you with everything you need, and it is much better to cultivate your fertility of thought and resource than to rely upon that furnished by others, and you must practice concentration of them, and this will fit you to exercise them more effectually for your own as well as for the benefit of others. Practice on everything you come into contact with, as they all assist you in your growth in the right direction.

Write us for further information at any time. We will cheerfully furnish it for you.

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SUGGESTIVE THERAPEUTICS.

PREFACE.

We shall give under this head a general line of Suggestive Therapeutics, with notes from the leading practitioners showing how to cure many different diseases by the use of suggestions, and also what is thought of the employment, practice and use of suggestion by those making use thereof as well as those who do not believe therein.

It seems strange that this powerful method and form of cure so applicable to all classes of disease, and such a valuable accessory and consort of medicine and surgery, has not been practiced more extensively in the past than it has. Yet, when we consider the remarkable lack of knowledge of the practitioners of medicine and surgery of past years, we come naturally to the conclusion that the so-called "Dark ages" were really dark, and that they extended in a medical sense far into the nineteenth century, and this being undoubtedly the fact, we are surely living in an era that can be truthfully called an "enlightened" era to-day, and we should be very thankful that our forefathers paved the way for our cultivation and our advances along the scientific lines so broadly and skillfully as they did, thus leaving us a heritage that as children thereof we should ever remember with great love and gratitude. Many of us have already (despite the opposition of certain persons, who, like the dog in the manger, while unwilling to eat the oats would not let the horse eat them) felt the beneficial influences and effect of this much advanced line of practice in having our ills of this life cured or healed and removed, and disease would be much more prevalent to-day among us if we were without the beneficent health-giving influences of this truly scientific line of practice. The most useful as well as the one producing the very best results for the afflicted now being practiced. That you will give a careful study to the different suggestions and processes presented to you herein for the cure of all diseased conditions is the wish of the

AUTHOR.

POWER OF SUGGESTION.

It seems to be a strange freak of nature how the associations of events in the minds of the people will cause them to commit acts of a like character, for instance, the epidemics of suicides in this country, as well as the other epidemics which are so common every few days. This is certainly a very deplorable state of affairs. Disappointments come to all sooner or later in life, and unless the individual has a great deal of fortitude he may be tempted to take up arms against a sea of troubles and by opposing them ends them. Let a person contemplating suicide, with his mind not fully made up, and should he read in a paper of others committing the act about which he is hesitating, he begins to reason that it is weakness and cowardice that cause him to avoid putting these thoughts into execution, until at last he commits the fatal act, and thus the endless chain of suicides goes on. Would it not be better if those acts of personal violence were never published in our daily papers?

This associative faculty of the mind is not only seen in this particular line, but in others.

Thus one liar makes another. One individual using profane language makes another profane. How many highwaymen of to-day may have been influenced by reading the thrilling accounts of the James brothers, or the Younger brothers, and many others of like character?

But unfortunately this associative faculty of the mind asserts itself for good, and but for this fact law and order would be soon at an end, and discord and anarchy would be the ruling spirit of the day. It was the sight of a picture with this inscription under it, "I gave my life for thee, what hast thou given for me?" that caused one of the greatest leaders in the religious world to turn from the paths of wickedness. While it is impossible for our youths to be reared as innocent as was "Rasellus," I do

think they would make nobler men if all the wickedness of the world were not kept continually before their minds through the medium of the press, causing horrible crimes to appear as something ordinary on account of their frequent occurrence. On the other hand, very strong is the example of goodness, Christ's death, in the minds of men, has made them not only able to live for Him, but to die martyrs for His cause. It is by this same process that a man may be made well and keep himself well if he will, if he procure the right line of ideas for his example and precept, and continue to think along this line to the exclusion of all other ideas of the opposite kind. Practice this and health and health is yours. We give you herewith specific instructions how to cure by Suggestive Therapeutics certain diseases. The plan outlined and explained herein is applicable to all forms of disease, the suggestions are changed to fit the particulars of each case by the practitioner. After a careful study of the within delineations you may attempt the practice of Suggestive Therapeutics. Write us for further information at any time in reference to any disease or condition you may encounter, or if you do not clearly understand any section of these instructions write us for further particulars whenever desirable.

TREATMENT OF BRAIN PRESSURE FROM TRANSUDATION.

N. B.—These instructions are made personal to both patient and operator. * Mrs. M., please take this reclining chair, I want you to be relieved of all effort for a little while. I am by suggestion going to relieve your brain pressure, prevent further relapses, excite the absorption of all the deposits in the membranes of your brain, and this will let the nervous force flow freely from your brain to the organs of speech, and to your hand and leg. You will then be able to talk well, walk well, and have good use of your hand.

I now have your attention. Please let every muscle of your body relax, just let yourself go, as though you were falling through the chair. Lock your hands and fix your gaze upon this little disk which I hold in front of and above your eyes. Look at it steadily while I talk to you. Let nothing divert your attention, but look steadily at it while I talk to you. As you look at this little disk and listen to me talk, the pupil of your eye begins to dilate. This shows that more light is reaching your optic nerve, that your eyes are becoming sensitive and they begin to tremble. Very soon this will be followed by an opposite feeling of perfect ease and quiet. This will produce a wonderful influence upon your brain. As you look at this little disk and listen to me while I talk the pupil of your eye dilates, an easy, quiet feeling comes over you, the heart beats slower, the arterial blood is withdrawn from your brain, the pressure is lifted, your face, turns pale, pale, paler, and a feeling of quiet sleep takes possession of your whole body. Your eyes now get tired, the lids heavy, you are sleepy, sleepy, sleepy, your eyes now close and you are quietly sleeping, you are asleep, sound asleep.

Now while you sleep your heart is beating slowly and regularly. Your respiration is free and easy. Your arterial blood has now been withdrawn from your brain, all pressure is removed, your face is pale, pale, paler, paler, and all the functions of your body are in perfect harmony. As we thus lift the pressure from your brain, your nervous forces flow freely to your organs of speech, also to your arms and legs; this enables you to talk better, walk better, and to handle your arms naturally again, both arms being well and you may handle them as good as ever. While you are taking this treatment you can have no more relapses, for where there is no arterial tension nor any high blood pressure, there can be no transudation of blood, and absolutely while you take these treatments daily you cannot have any more relapses. You need have no fear of relapse. You cannot have any more relapses, and while we control the blood pressure, the absorbents are actually engaged in picking up and carrying away the deposits in the membranes of your brain; carrying them away; carrying them away; carrying them away; and the thickened membranes are becoming thinner and thinner every



This illustrates a student causing a subject to pass into the state of Hypnosis while sitting and in a normal attitude.

day, and finally the deposits will be all removed, the pressure is entirely removed and entirely and permanently removed and lifted from your brain, the nervous forces are flowing freely to your organs of speech, to your arms and legs, and you can now talk well, walk well, and you have regained the perfect use of your hand, your arm, your leg, and you are now well all over, from your head to your feet.

Repeat these suggestions in the above described condition of sleep every day to your patient and he will soon be entirely well.

In practicing Suggestive Therapeutics or healing patients by suggestion you must suggest to them the things necessary to cure them, and to produce the condition desired by both patient and operator or practitioner. Then you will get the desired results or conditions as quickly as it is possible to produce them by any human agency.

TREATMENT OF NEURALGIA AND RHEUMATISM OF THE HEART.

N. B.—The same plan and process will be followed for the treatment of all classes of diseases.

Mr. B., I know exactly what is the matter with you, and I can cure you, too. You have the latent forces within your body, when properly called out, to restore you to perfect health. I can by suggestion at once engage the life forces within you, to improve the nutrition of your heart, and to invigorate it and strengthen all the blood vessels leading to and from it. All of the water now in the flesh of your face, hands, body, etc., will be carried away by absorption. This will relieve you of your dropsical condition, prevent the oppressed feelings and weak spells from which you have suffered, and the fresh natural color will return to your face, your neuralgia and rheumatism will go away and you will be well from head to foot.

N. B.—Such suggestions as the above will get for you the entire attention of the patient. Then continue as follows: Now I want you to assume that you are going to lapse into an easy condition of quiet sleep. As you sit in the chair please lock your hands, relax yourself as well and as much as you can, and as I hold my hand in front of and a little above your eyes please direct your gaze at the ends of my fingers. Look steadily at the ends of my fingers, let nothing divert your attention therefrom, but look steadily at the ends of my fingers, without cessation, and listen to me while I talk to you. As you fix your gaze upon and look steadily at the ends of my fingers you will very soon observe a quiet easy feeling coming over you. Your head feels easy, your arms and hands feel heavy, your eyes get tired, the eyelids tremble and grow heavy, and a quiet, sleepy feeling comes all over your body. You are feeling very sleepy, your eyelids are getting very heavy, very heavy, very heavy, and you can hardly keep your eyes open any longer, sleep is coming, sleep is coming, your eyelids are heavy, heavy, heavy, closing, closing, sleepy, sleepy, sleepy, your eyes are closed, closed, closed, and you are sound asleep, sound asleep from head to foot. You are now sound asleep and every function of your body is coming into harmony, one with another. Your nervous system is perfectly quiet, your heart is beating regularly and strong, your respiration is free and easy, and you are feeling perfectly comfortable and quiet. Your head, neck and shoulders now feel perfectly easy, your heart is beating stronger and stronger, the blood vessels are contracting and becoming impervious to the escape of water or blood, the water in your face, hands and legs is all going away, going away, going away, and you are already breathing free and easy, you are feeling easy, quiet and comfortable from head to foot, and from this day you will be entirely free from fear of nosebleed, for your nose will not bleed any more. Your nose cannot bleed any more, for the blood vessels are getting stronger and impervious and absolutely your nose cannot bleed any more. You are sleeping well, you will eat well, digest well, your heart will beat stronger every day, the water is leaving your face, hands and legs, and you are rapidly improving in every way. Now when you wake up you will feel better than you have felt for a long time. Your neck, head and

shoulders will feel easy and comfortable, your heart will beat regularly and strong, you will breathe deep and easy, absolutely have no more nosebleed, feel better in every way, cheerful, hopeful and happy. You will grow stronger every day and finally you will be well from head to foot. When I count five you may wake up. Now, one, two, three, four, five, open your eyes and wake up.

TREATMENT FOR WEAK HEART, DROPSY OR AMENORRHOEA.

Mrs. H., a widow lady. Mrs. H., you have no organic trouble of the heart and you must not mind about your menses at present. You have no blood to spare, this is the reason that your menses have stopped. I will see that you come around at the proper time.

This put her at ease, and she now gladly consents to abide by all my decisions, and I now commence to give her oral treatment by suggestion as follows: I seat her in a reclining chair, tell her to give me her whole attention while I talk to her, then I address thus: Now, madam, you fully realize that you are sick and that you have been ailing for a long time. You do not know nor understand why you are sick. I say to you that you only know that you are sick. I say to you that your sickness originated from a perversion of the natural forces of your system, and that I can absolutely engage these same inherent forces to restore you to perfect conditions of health. All you have to do is to lend me your undivided attention, impose in me a submissive trust, listen carefully to what I have to say, and you shall be made well from head to foot. Now fix your gaze upon me; look at my eyes, and as you thus look at me and we thus engage in a common effort for your restoration to perfect health, you will soon become very quiet in body and composed in mind. You are already feeling better, and a quiet, easy feeling takes possession of your whole body. Even now a drowsy feeling is coming over you. Your eyes begin to tremble, the lids grow heavy, heavy, heavy, and you can hardly keep them open. You are going to sleep. Your eyes are heavy, heavy, heavy, you are sleepy, sleepy, sleepy, your eyes are closing, closing, closing, you are asleep, sound asleep, sound asleep. I now give her these suggestions: You are now sound asleep, and your nervous system is perfectly quiet. Your heart is beating slower and stronger. Your respiration is free and easy, and you feel entirely comfortable from head to foot. From this minute you will begin to improve in health, your kidneys will depurate properly, your heart will beat stronger and slower every day. The water will disappear from the flesh in your body, you will breathe free and easy, you will eat with a relish, digest what you take, and you will rapidly build up in health and strength till perfect conditions of health are enjoyed. I say your kidneys will act well, the heart will beat stronger and slower every day until a normal condition is reached. Your heart will beat slower and stronger every day, slower and stronger every day, and the water shall disappear from the flesh in your body. You are already breathing free and easy, your heart is beating slower and stronger, the water is leaving the flesh in your body and you feel quiet, comfortable and easy. When you wake up and leave this office to-day you will go away feeling refreshed and invigorated, you will realize that a wonderful change has come over you, and these changes and favorable impressions will be lasting upon you. You will feel, believe, realize and know that a favorable turn has taken place in your case. You will be released from all fear and anxiety and you will enjoy the pleasures of hope and a cheerful condition of mind. Your heart is already better, and it will beat slower and stronger every day. You will breathe free and easy, your kidneys will act well, you will digest well, you will sleep well, you will grow in health and strength till perfect normal conditions are reached. When you awake you will feel quiet, comfortable, hopeful, cheerful and happy, and you will rapidly improve in health till perfectly well in every way. Now when I count five you can open your eyes and you will be wide awake. One, two, three, four, five, open your eyes and wake up. Wide awake.

Along this line and right here a very bright thought from the pen of Dr. Dodge will be replete with benefits to all persons studying this course of lessons on Suggestive Therapeutics.



This illustrates a subject disgusted with the drink habit, caused by the suggestion of the operator while in Hypnosis.

Dr. Dodge says: "In meditating upon suggestion, its effects and possibilities, I am unable to think of a thing, physical or spiritual, nor the effect of a suggestion. Man himself with all his transcendent powers and capabilities, is simply an aggregation of results suggested by something preceding his advent. Nature is like story-telling, one good thing always 'suggests' another. Man it seems to me necessarily suggests something higher, but before that something can be realized man must reach his highest possibilities of development. It would seem this must be in the way now pointed out by Psychic Science, the key to which is "Suggestion."

Prof. Quackenbos in an article recently printed in "Harpers" says: "Human beings are Hypnotizable by other human beings, between whom and themselves exists a peculiar sympathy or harmonious relationship known as 'rapport' various methods of inducing Hypnosis (that the proper suggestions may be given) are practiced, all having in view the fixation of the attention upon some monotonous stimulus of the eye or ear, such as sedative music, or a bright object like the nickel-plated point protector of a lead pencil, a transparent crystal, a stud in the shirt bosom, or the eyes of the operator."

In certain instances such a procedure may be profitably supplemented by light passes, or by holding firmly the hands of the patient, by pressing it firmly against the forehead of the operator, or by a contact of foreheads, while the whole force of one's personality is concentrated in an effort to overcome any automatic resistance to Hypnotization. The technic adopted by me is as follows: After talking sympathetically with my patient or subject until he fully and clearly understands me, what I want him to do, and the prospective results, etc., and after thoroughly acquainting myself with his dominant propensities or controlling thoughts, and above all, securing his confidence. Then I ask him to assume a comfortable reclining position on a lounge, and then, while continuing a soothing conversation I manage in a determined way, according to the circumstances of the case, to concentrate his attention upon a suspended diamond or on a corneelian seal, set in an old fashioned gold pencil which I happened upon among my heirlooms.

The Cambay stone is held in such a position within the natural focus of the eyes as to compel an exaggerated convergence of the axis of the balls of the eyes coupled with an upward gaze. Such unusual exercise of the ocular muscles soon tires them out; the retinal areas involved are rapidly fatigued by the deep redness and brilliancy of the Camielian and simultaneously an appeal to the imagination of the patient, who is told that he is looking at my sleepy stone, that has never failed to induce slumber, and he is urged to think of nothing, to renounce the very intention of renouncing mental effort, and to give himself up to and with perfect confidence in the purity of my motives, and in my ability to remove or modify his disorder. Under these conditions the eyeballs soon become fixed, a vacant stare soon replace the usual intelligent look, and the eyelids begin to close and reopen spasmodically. At this stage the suggestion is given that refreshing sleep is about to ensue; and in a few minutes or moments a prolonged breath is taken, the lids close with a slow, regular movement, deeper inspirations follow, and I know that I have secured direct and effective communication with the deeper personality of my subject. It is not necessary in order to insure the beneficial effects of Hypnotic conditions and the suggestions that are given while in hypnosis for the relief or cure of any disease or disorders to carry the subject into the deeper somnambulistic stage characterized by intellectual alertness and apparently purposive acts, and by absence of reaction to sense impressions. The conversion of a Hypnotized patient into a somnambule is always to be deprecated. In the first stage of deep Hypnotic sleep the subliminal self unhesitatingly accepts every emphatic statement of the Hypnotizer or operator but even where somnambulism is not complete and a state of semi-consciousness exists, suggestions are acquiesced in by the patient.

Legarthy is by no means essential to success.

Usually from two to fifteen minutes are occupied in establishing somnambulism but there are re-
factory cases that require from one to two hours of intense mental effort on the part of the physician
or if less time is spent upon them at each sitting, they should receive more sittings until they have
been brought out of their conditions.

Children readily come into rapport, and as a whole, are easily impressed. Sufferers from acute
nervous depressions, watchful or suspicious persons, from ignorance, or other causes, and all persons
under the influence of a stimulant are difficult subjects until their conditions are removed. Tea,
coffee or malt or spirituous liquors taken before treatment are serious obstacles to its action and it is
best to wait until the effects of the stimulant has passed off before attempting treatment, also the sim-
ultaneous pursuit of any other means of cure splinters the faith of the subject. So that he secures
benefit from neither many times. Hypnotism and Suggestive Therapeutics like every good agent,
has its uses and abuses, as well as its so-called limitations, these limitations are regulated by the degree
of "rapport" between the patient and operator. Where this is entirely removed. Many, in fact, all
things are possible to Suggestive Therapeutics. Dr. Robert Sheerin of Cleveland, Ohio, gives in the
"Suggester and Thinker" a very simple form or method of artificially inducing sleep, as the one now
used by the Cleveland School of Suggestive Therapeutics. For its simplicity, brevity and many oth-
er fine qualities. We give it herein that our students may have the very best and latest versions as
well as systems of treating, curing and healing disease and disordered conditions.

It is as follows: First place your subject or patient in a comfortable position in an arm chair, or
upon a couch in a recumbent position, having him relax the tensions of all of his muscles, and calm
and compose his mind. Give your attention for a short time to seeing that he properly relaxes as
you direct and fully yields to your suggestions. One quite familiar with the phenomena of approach-
ing sleep as witnessed in Hypnotic subject, will have often noticed that the eyeballs of the subject
when sleep is just at hand, roll back in the socket, conveying as they do, a little inward, towards the
center of the forehead. Frequent observation of these phenomena led me to think that Hypnosis
might be brought about much quicker by artificially assisting nature in its operation as above de-
scribed.

To that end I have always used a bright instrument such as "The key to concentration," "The
Magic Hypnotizer" or a silver piece or anything bright, glassy, brilliant or with good fixative quali-
ties, so long as it has the power to catch and reflect light.

If convenient the operator should stand at the left of the patient, holding the bright object or
instrument between the fingers, and resting his wrist lightly upon his head at a position where he will
have no difficulty in placing the instrument slightly above and between the eyes of the patient. Af-
ter symptoms of tiredness are manifested in the eyes and lids, then draw the instrument slowly up and
back being careful not to go beyond the subjects range of vision.

Verbal suggestions should also be given, directing the subject or patient to look up, backwards
and inward. Continue along this line until the eyes take their place of repose and the eyelids close
of themselves voluntarily.

Another means may be employed to further or quicken the condition of both eyes and brain so
much desired.

The bright instrument may be drawn up and down over the eyes and forehead, alternately, com-
manding the subject to gaze upon it, and follow it with his eyes, saying at the same time to him refer-
ing to his eyes "close them," "open them," etc., as the subject closes and opens his eyes. This meth-
od is many times effective where others have failed.

Dr. E. M. Wing, the President of the Somerset Medical Association is credited with delivering
the following address before his association and as it contains much good food for students of Sug-



This illustrates fixing the attention which is the first step to be attempted to bring the subject under control.

gestive Therapeutics, we include it herein that our students may have the benefit of a full knowledge of this remarkable science.

"Suggestive Therapeutics," under various names and in divers forms this curative agent has been employed in so many instances by people with wild and incoherent ideas, that naturally enough the impression has been made that the whole subject is unworthy the attention of sane and intelligent men.

It can however be easily demonstrated that the cures performed are in no way dependent upon the strange and incomprehensible theories of certain "Healers" regarding matter, mind, disease and the misuse in several, for operators who hold opposite views are equally successful with this system of treatment of disease. Most curative agents act through the nervous system, whether drugs or other therapeutic measures are employed. Mental healing, or, as it is more accurately employed and termed, Psycho-Therapeutics, also utilizes the nervous system in restoring the physical organism to health.

The primary action of mental or physical treatment is on that particular phase of consciousness that has been designated as the subjective or subliminal mind. This department of your mental nature influences and directs the nervous energies and this through the nerves absolutely controls all the vital functions.

No form of mental treatment can be successful unless it reaches, and strongly influences, the subliminal or subjective, consciousness of the patient, where this is done a large proportion of human ailments can be thoroughly and permanently cured. (The only limit is the condition of "rapport" existing between patient and operator.)

The term "Animal Magnetism" has been absurdly applied to this psychic force, but it is misleading and without sound logic.

If the psychic force were animal magnetism, it would be found in a dead man as well as a live one, for neither chemistry nor microscopy has discovered an essential difference between a live man and a corpse. So far as the animal physical body is concerned, they are exactly alike and one would be as capable as the other of producing so-called Animal Magnetism. Psychic force is derived in any way from the animal nature, but it is inherent in the mind or soul, and of course leaves the body at death. Correct diagnosis must always precede intelligent treatment. In neurotic patients great good can be accomplished. Some believe that no medicine need be administered in such cases, and others believe otherwise, I have had only a limited experience, but I believe that any of us can treat many of our patients more successfully if we make suggestions to them in a proper way, and administer less medicine to them. We all practice suggestion unconsciously every day, in our regular routine. How many times a nervous patient has come into our presence with some trivial ailment, very much frightened about his or her welfare and how many times we have talked to them in a calm and candid way, and seen their nervousness disappear, and sent them away feeling very much better.

This is "suggestion" practiced unconsciously perhaps, but nevertheless it is Suggestive Therapeutics as we practice it, scientifically or accidentally. A mother may bring her child into our office and say "Doctor, I don't know that you can do anything with this child; she is very nervous and afraid of strangers," what do we expect? She has made suggestions to that child and the child does just as it has been told. On the other hand another mother comes in with a child, and you ask after the former experience, "Is this child afraid? Oh, no, this child is never afraid of strangers," and we find the statement correct. In using suggestions for therapeutic purposes, we seek to build up the individuality of the patient. Strengthen the will of the weak; teach each one how to develop his latent powers and self control, and how to prevent his individuality from being adversely influenced by those with whom he comes in contact during life's battle.

This is considered by many the most successful treatment for alcoholism. There can be much

written and said, and much argument made on this subject in favor thereof. I have only endeavored to give a brief outline of the subject, in hopes to interest as well as to instruct those present.

PRACTICAL SUGGESTION.

By GEO. C. RITZER, M. D.

Mr. M. age 49, a large robust and vigorous looking man in every way came to me recently for treatment, and gave me the following history: I have been ailing for about two years. I was suddenly stricken with dizziness; lost consciousness, but after a little time I revived somewhat and to my surprise when I came to myself, I found I could not speak well, and that I had no use of my right arm and leg. But as I more completely revived, some ability to talk and to move my arm and leg returned, and I got so I could walk about, but I have never fully recovered. Since the first attack I have had relapses, and while none of them have been so severe, as the first spell I had, they always set me back. At present you see I cannot talk well, my tongue feels thick, and I cannot always speak the word I would speak. I say the wrong word and I have to speak very slowly, I cannot use my hand to write much and my leg is very clumsy.

I feel perfectly well otherwise, I eat well, sleep well, have no pain anywhere and but for lame members, my organs of speech, arm, hand, and leg, I would be perfectly well.

I have been treated by several good physicians; I have been to Hot Springs, Ark., have taken considerable medicine, have had treatment by electricity, but all the measures that have been heretofore employed have seemed to give me no permanent relief, and I am here with my money, and am ready to engage with you to be treated by Suggestion. I examined Mr. M., carefully, and decided that he was suffering from pressure upon the brain, the result of hemorrhage, which took place upon the day of his attack, more than two years ago.

The hemorrhage, evidently had been slight, and it was in the membranes enveloping the brain not in the brain substance.

This hemorrhage has resulted in a thickening of the membranes of the brain, and this keeps up a constant pressure upon that part of the brain presiding over the functions of the crippled organs, the tongue, arm and leg. Anything that increases the amount of arterial blood in his head makes him worse, for this increases arterial tension and pressure, whatever can be given him or done for him, that will withdraw or limit the amount of arterial blood in his head, always gives him temporary relief. This case is similar to many others of partial paralysis that we see. They all depend upon brain pressure, either a clot of blood or a thickening of the membranes of the brain at some particular place or places, as the case may be, resulting from the transudation of blood, into these membranes when the patient is in a high state of excitement or when the arterial tension in his head is very great. This transudation or oozing of blood from the vessels does not always result in a blood clot; only a thickening of the membranes sometimes. This is enough however to keep up a constant pressure and until this deposit or transudation, which produces and keeps up a pressure upon the brain is removed, these patients will suffer from partial or complete paralysis.

There is hardly ever any pain accompanying these cases of brain pressure, but occasionally these patients do suffer from pain in the head.

Mr. M's. case is one of brain pressure from transudation; An oozing of blood into the membranes covering his brain, which took place long ago and we must if we cure him, adopt some measure that will persistently prevent arterial tension and further transudation; and something that will also excite the absorption of the deposits, which has already thickened the membranes of the brain.

For such cases as this suggestion is superior to any other measure. It will relieve arterial tension and it will more certainly prevent relapses and as surely excite absorption of the transudations as any measure that can be adopted.

As an example of its efficiency and that the reader may know how we apply it in such cases, we give the treatment of Mr. M's case in detail as follows: Mr. M. please take this reclining chair, I want you to be relieved of all effort for a little while, I am by suggestion, going to relieve your brain pressure, prevent further relapses, excite the absorption of all deposits in the membranes of your brain, and this will let the nervous force flow freely from your brain to the organs of speech, your hand and leg, and you will talk well, walk well, and have good use of your hand, * * * the formula is given at the opening of this course of lessons. I repeated substantially the above formula to Mr. M. many times, at each seance, and as I do so, his pulse beats slowly, his respiration is slow, free and easy and his face grows very pale. The palor of the face is the most significant change that comes over him during the treatment.

As his wife expresses it, he looks as if he might be dead, he gets so very pale. He takes treatment every day and while he is not well yet he is steadily improving, and he will as certainly make a complete recovery as that he is now living, if he only continues to take the treatments regularly to the end.

I am satisfied, that he cannot have any more relapses while he is under these treatments for they absolutely lessen the arterial tension every day, prevent brain pressure and keep up a steady absorption of the transudation without and relapses to renew it, this will lift the brain pressure, and he will recover and be perfectly well from head to foot. The verbal suggestion produces the vital changes and cures the patient.

We have given you a complete descriptive explanation of how to practice Suggestive Therapeutics that you may intelligently practice it. We have also given you a description of how other leading practitioners of Suggestive Therapeutics make use of the same process or method of healing. We now leave you to study and practice until you are able to make a successful use of this line of curative art or science. At which time or before if you feel at any time you desire us to assist you more, we will cheerfully do so, upon your request therefor. Let us hear from you whenever you feel inclined that way and apply to us at anytime for any assistance we can furnish you, and you will receive a prompt and cheerful answer. We intend that our scholars and students shall become proficient in every way, and if they will apply to us and let us know what they need we will see that they get it as quickly as possible after the receipt of their letter.

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TELEPATHY.

PREFACE.

TELEPATHY is a very broad and far reaching, scientific art, the practioner of which finds many uses, therefor, we shall give in this course of lessons all of the best methods of practice, a good clear set of rules for practice, and addenda which will show the student some of the most marvelous products of telepathy, that it is possible for him to produce. The word telepathy being a descriptive name means the power to concentrate thought so powerful and the ability to so powerfully project it to the mind of another that the acts of the receiver shall be effected thereby and changed from what they would have been if unmolested, to what the projector shall desire them to be. Mind reading is another phase of telepathy but not so closely connected with its more common demonstrations as to be included in this course of lessons, for the reason that much more is involved in making a study and practice of mind reading for an intelligent practice thereof, than is included in making a study and practice of telepathy. Therefore we leave it for a subsequent and higher set of lessons to be issued later. There is no limit to telepathic projection and power, except the ability of the projector to concentrate and project his thought power, and the conditions of the receiver mentally. This will be explained clearly in the lessons given herewith in such plain terms that all may understand them. That the student will carefully study these simple instructions, then practice them until he is a proficient practitioner thereof, that he may become a thorough telepathist is the wish of the

AUTHOR.

TELEPATHY.

TELEPATHY is an inherent power in man, which as soon as he learns how to rightly store, control and project it, becomes one of man's most potent, powerful and condition producing accessories; Very desirable at all times; Very useful both personally and with others. Concentration is the key note to telepathic power, as it is to many other useful and scientific attainments possible for man to cultivate for his use, guidance and benefit during life. The telepathic power has been displayed by many very powerfully. In many well authenticated cases, all nations and ages have both seen and practiced this powerful assistant with much benefit. The law of telepathy is as well grounded as the law of gravitation, and yet the process is as simple as any communication by telegraph or telephone. In animals we have the same dual mind, we find in man, but we find the object mind weaker, this causes their subjective mind to be stronger, thus they have stronger instincts than mankind, when both are in normal conditions. There is no limit to the power of a strong intelligent telepathic communication, it can be projected thousands of miles as well as an inch or two, thus proving the common unity of interest and purpose of everything on earth as well as their spiritual contact. Suggestion, the king of psychology is the first and most potent and powerful law of telepathy. This materially includes auto-suggestion and physical suggestion, thus we enumerate three different kinds of suggestion or varieties. First: auto,—Second: physical,—Third: telepathic, suggestions. The strongest suggestions always conquer; when the objective mind is asleep, the suggestions are received the easiest. There are three kinds of physical suggestions,—vis:—Oral,—written, and those with passes which include all signs, noises, bodily discomforts, disturbing elements, all things in fact that are not harmonious, telepathic suggestions may be given to a person in hypnosis much easier and quicker than oral suggestions; remember that the memory of the subjective mind is perfect and complete. Anything that once impresses the mind of a person subjectively will remain there until suggested away. There are two versions of telepathy,—the spontaneous and the experimental or intentional. The spontaneous comes by accident or incident, has no specific origin or direction. The experimental or intentional has both direction and intention, and produces results because it is an art, a science, a real act; projecting your thought telepathically, through prayer with faith, and a prayerful attitude, produces results, because of the direction; intelligently and the powerful telepathic projection. Telepathic phenomena may be produced by the hypnotic method; After sleep has been induced, be it partial or deep; give the patient some simple suggestions of either kind, this is done to familiarize the patient with suggestions and get him into a condition to receive and act upon them, then tell him that he shall see with his eyes closed, any scene you may desire him to, tell him he shall see it clearly, as distinct, as real as a picture, book, building, etc. When he sees it clearly, he will be able to describe it to you as you see it mentally. He will tell you of other things about it you do not see, or have not mentioned to him. Tell him he may hear all that is being said at that time; that he shall repeat to you such conversation, have him ask questions of the persons whom he sees and hears talking and tell you their answers. When practicing auto-suggestion, practice it in self-induced hypnosis. Make yourself passive, close your eyes, relax your muscles, make such suggestions to yourself as the conditions demand; "Practice makes perfect." When you do not get satisfactory results at anytime, try again, you will do better next time. Absolute and complete concentration is necessary, at all times. You need not make any special effort to transfer your thoughts, you should simply think intently of the thing, word, phrase or impression you wish to project. Communications depend upon vividness of the mental picture of the operator, as well as the ability of the recipient to hold himself receptive and in readiness to receive such communication, bodily and mental vigor is



MONOTONY.

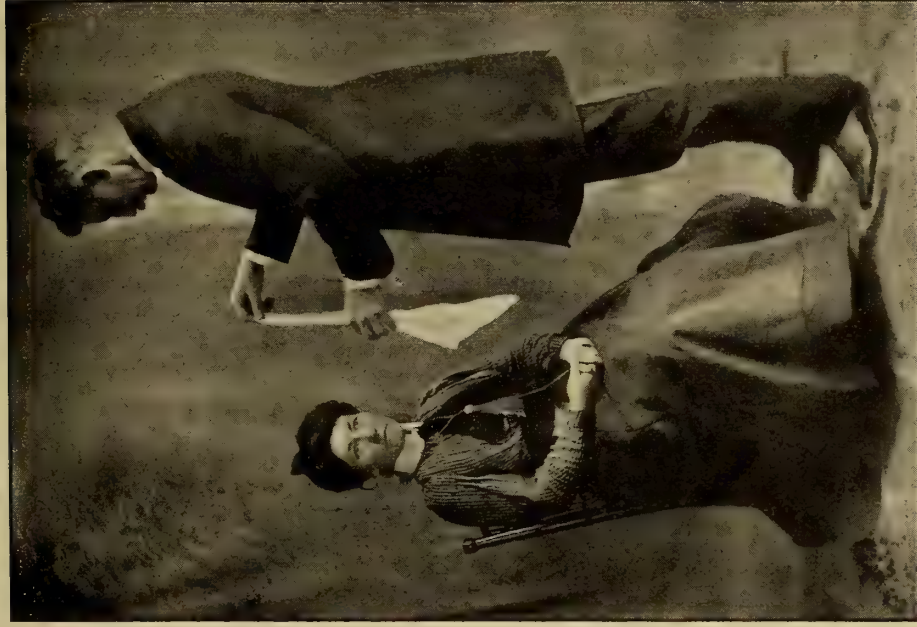
This illustrates the use of a silver dollar for disc gazing.

an absolute essential to success. In experimenting select a figure, number or character, make a mental note thereof, then project it to your subject, do not think of anything else at this time, keep this thought solely, uppermost and alone in your mind, you will find that this will require some effort; on your part make no move or sign that will convey to another what you are thinking. When you have concentrated the thought, and projected it, ask the receiver what is it? The receiver must tell you what it is without any assistance from you. Continue the practice along the line of simple things, until you can project your thought clearly to another and he or she can tell you what you think without any assistance, then select more complicated things, and practice thereon. Try animals, horses, common names of persons, places or objects. Then try the mineral or vegetable world or any other thing your fancy may dictate. Telepathic experiments during natural sleep may be demonstrated in various ways. The method that is liable to bring the most certain results is for the operator to gain the attention of the sleeper without arousing him to consciousness, and then guide his thoughts much the same as if the subject had been hypnotized in the ordinary manner. To gain the attention of one who has relapsed into a natural sleep, the operator should quietly take up a position beside the couch of the sleeper, and in a low whisper say something like the following: "Now, (calling him by name) you are not going to wake up, but you hear every word I say! Repeat these words or words to this effect over and over again, gradually raising the voice until you realize that your voice would be sufficiently loud to awaken the subject under ordinary circumstances, but in this instance your subject still sleeps,—You must have his attention, if you desire to test it, raise his hand and tell him that he will hold it up, if he obeys you, then you are certain that even though asleep, he hears your voice and is acting on your suggestion. Telepathic experiment in the waking condition may be developed along many lines. One of the simplest methods is to blindfold one person, and then hold up or throw upon a bare table a certain card or article in sight of the others present, who concentrate their minds on the one object. The recipient is directed to give the first impression that flashes before his mind. An article that is known to the percipient may be hidden by the company while the person is in an adjoining room, the percipient who may or may not be blindfolded, should now be called in, he must follow his strongest impression and will find the lost article. The best method to carry on a telepathic experiment between two persons is for the agent to write a message, then concentrate his mind upon it, then ask the percipient as you project it so him to tell you the contents of the message. Another good method is to look steadily at some object preferably something bright, until the eyes grow heavy, and tired, then close the eyes, place your hand over them, make a firm pressure upon both the eyes and lids. This holds the eyeballs immovable, as if staring at some familiar face or scene, this assists in concentrating the mind. Your first vision will be the blackness of night, then will come lights of various colors, sparks, etc., as these come and go, they will change with a kaleidoscopic fashion, then there will appear in the background as the colors break away a dim outline of some form and as this is watched closely there will develop a more and more distinct picture of the desired object, if you fail in this experiment the first time, persevere longer with your fixed gaze before closing your eyes, this will induce a semi-auto-hypnosis. All this phenomena is governed by suggestion, there is no danger of your going entirely to sleep if you suggest to the contrary. As you progress with your experiments, your pictures may make various changes. At times they will be clearer than they are at others, this is caused by your operating with more mental vigor than you use at other times. If you make the mentality strong and vigorous you may at your option see all familiar persons and places as well as objects, you may also cause all telepathic visions to pass before your closed eyes, and by this means you may be apprised of circumstances and happenings near by or even at a great distance, that had before been unknown to you. As you im-

prove by practicing this art, this panorama of views will increase and become in some cases as diversified and as real as the fantastic sights which nightly amuse or annoy us in our meanderings through dreamland.

THE CULTIVATION OF A QUALITY.

A quality is a habit, a feeling, such as a feeling of gratefulness, this must and will be expressed by action. To cultivate a habit is to enter into the possession of the quality which has reference to the habit, to fail to continue to cultivate the quality will soon cause the quality to diminish, shrink, suffer disintegration, to disappear. We all know that gratitude is a good thing, and gratitude, like every quality, is open to cultivation, and will pay well for assiduous care. To be grateful is to be happy. For gratefulness produces the greatest degree of happiness known to man. We all seek happiness, therefore we must be grateful, if we have it not, we must cultivate it. We must bend ourselves into that frame of mind where we may enjoy to the fullest degree the comforts, the joys, the life, the beauties of the landscape, the pleasures of home, the gladness of health, Only to the grateful person is the poetry of life revealed. This is best cultivated by seeing how much more things might have been, than to see the present enormity of such trifling accidents as all are liable to, and that do happen every once in a while. If you begin to practice this habit of belittling every incidental or accident of life and of seeing that everything no matter how bad it may be, might have been much more, or worse you will soon enter that condition where you will continually feel grateful and glad instead of feeling bad all of the time. The habit grows very fast, cast it from your heart absolutely and you will never miss it, you will soon be glad that you have cast it out of your life. Here are several illustrations of what telepathy does and is doing daily for those who are careful practitioners of it. A presentiment of evil caused Dr. Hoyt of Chicago, Ill., to arise suddenly at the close of a thanksgiving dinner at the home of his friend and exclaim; There is something wrong at my house: He insisted upon going home at once. Those about the table remonstrated with him and laughed at him, suggesting that the meal with the mince pie topping it, had a tendency to make people believe and see things not as real to them at other times. But he would not be dissuaded from his opinion, on the contrary he insisted upon it, it was finally arranged that his friend and another should accompany him to his house to disprove his opinion, when the three reached the residence of Dr. Hoyt, they were surprised to see a light shining in the attic. Dr. Hoyt, thought it might be caused by burglars, the three friends soon surrounded the house, then Dr. Hoyt, attempted to enter the house by the front door, the door was blocked with a chair, the Doctor forced the door, turned on the lights, and found the place in confusion, they heard the rear door slam, announcing the exit of the burglar. Dr. Hoyt, telephoned for the police from the house of a friend then made an investigation of the burglarized premises, the family silver was laid out to be taken, on a convenient table, the furniture in the rooms was in confusion, every drawer had been taken out of the bureau, and laid on the floor, one drawer had been removed with a "Jimmy", a Jewelry case had been rifled of several valuable gems, the loss was heavy as it was. The burglar had evidently been in the house for some time. While the man was surveying the ruin of his home and wondering at the literal fulfillment of presentiment, the patrol wagon rolled up, five officers alighted, to late to be of any service. Entrance to the house had been effected by a "Jimmy". The opportune arrival of Dr. Hoyt had saved the house from complete spoliation, this will create stronger belief in telepathic communications among Dr. Hoyt's friends hereafter. Telepathy is the ability of a subject to receive a mental communication from the operator independently of the five senses, and to show that such message has been received by immediately executing or answering



A WAKENING.

This illustrates the handkerchief method of awakening a subject.

the message intelligently through one or more of the senses. Here will follow a few demonstrations, which will show that thought can be transferred from one to another without the aid of the objective senses. There must be a condition of harmonious psychic relation between the operator and the recipient to make a successful experiment. Take a subject put him into an hypnotic state, let someone securely blindfold him, then bring him into the room, where there are a number of visitors many of whom he is totally unacquainted with. Have someone hide an article, a pin, for instance, put it on the clothing of some one in the room, on the drapery, or on any article of furniture, in fact, anywhere your fancy may select, but the operator must not know where it is, send the subject near the party who secreted the pin, asking the person to think where they had hidden the pin and to think of nothing else. Then ask the subject what the person is thinking about, he will reply a pin, or whatever it may be the person has in mind, then ask the subject what about the pin, he will reply that it has been hidden, then ask the subject where it has been hidden and to go and get it for you, he will do so at once. The subject will deliver the pin to the person to whom it belongs, if that person is thought of as the owner at the same time by some one, he must not be spoken to by anyone except the conversation above set forth between the operator and subject. No sign must be made, nothing must be done to attract the attention of the subject in any way, the subject must be left entirely to himself to receive his impressions from the operator. You may blindfold a subject then ask him if he can tell who is in the room. Keeping your mind upon the name, and appearance of each person in the room one after the other, as the subject catches the thought, you project and describes the persons. You may ask your subject to go and get any article from any person in the room that they have, keeping your thought fixed upon the person, where they are, sitting or standing, and the object you desire brought to you and where it is located upon the person who has it in their possession. Dr. Sahler has a young lady in contact with him whom he can by telepathic communication put to sleep wherever she may be, at any time. He has tried it many times, when she was miles away from him, with others to keep track of the time to a minute. Dr. Sahler relates another case the incidentals of which we will give herein for your instruction, she asked for absent treatment, reciting her case in detail with symptoms, etc. Dr. Sahler told her that if she would give him a good telepathic test, he would give her absent treatment. He gave her this test. At nine o'clock in the evening she was to retire to her room, lie down in a comfortable position, close her eyes, quietly think of sleep; then whatever mental impressions came to her in the next fifteen minutes she was to immediately get up and write the Doctor. The questions were;—Tell me where you see me? In what position? What is my age? My weight? Color of hair? Color of eyes? What am I doing? The patient was more than twelve hundred miles away from the Doctor. Two days after the test she wrote that the Doctor was sitting in his private office in a revolving chair in front of a large open desk, looking at her photograph and thinking of the same questions and the answers thereto, that she wrote, that they were, that he was forty years of age; five feet eight inches high; Weight about 165 pounds; Dark brown hair; Dark blue or gray eyes; The Doctor says if she had walked into the office and with her eyes open taken in the situation she could not have given more correct answers to the questions than she did telepathically. Afterwards he wrote her a letter asking some questions in regard to herself not thinking she would answer it at the same time, but two days afterwards he received a letter from her, this was before she had received his letter. Her letter was written the same evening the Doctor wrote to her, and in her letter she correctly answered the questions he asked her in his letter; he was somewhat surprised, he says, at the result of this test himself, for as yet he had never seen her, sometime after that she visited him, at his office, then he learned that she was very intelligent.

psychically, simply lacked training to become a first class clairvoyant, which accounted for her wonderful telepathic powers. We prefer that you shall practice auto-suggestion also, as it gives you full control over yourself and furnishes you with the power you need to practice concentration and projection to a competent degree. We therefore give you the same rules modified to fit the changed conditions we give to our students who are studying clairvoyance.—They are as follows,—

Withdraw to some quiet place, where you can be alone, and where you will remain undisturbed as long as you desire to practice, place yourself in an easy chair, or better still, in a recumbent position, upon a bed or lounge; Close your eyes, completely relaxing the tension of your muscles, and making your self as comfortable as possible. Try and make yourself inwardly still, leaving your fears, cares and worries behind you when you enter your retreat. This may be difficult at first, but practice will in a few days produce the desired conditions and success will be yours.

Concentration you will find is the key to your power, and your success will depend upon your ability to concentrate your thoughts upon the desired object. Do not go to sleep, keep up continuous consciousness, telepathy comes from an exercise of the objective functions in contact with the subjective function and is received by the subject either awake or asleep. Let your objective asset to your subjective mind all you desire, suggest to yourself anything you may need, you have full control over yourself in this state of retreat. Believe in your power as the supreme commander of yourself and your surroundings and that your commands will be harkened to and obeyed. Constantly impress upon your personality, thoughts of those things you are in need of, until these thoughts become outwardly expressed in your flesh and actions. Learn the anatomy and physiology of the parts of yourself you are using, form in your mind a good mental picture of them as they are, concentrate your thoughts upon them until you can see them in your minds eye, as you see your face in the mirror, believe that your efforts will produce the desired conditions. Try this every day, until you fully realize the conditions you are practicing to procure. This practice brings to you a full knowledge and realization of the authority of your mind, the scope of its operation, and the proper relation of you mind and body. We all forget the supremacy of the mind and credit matter with too much power, more than it has any right to and more than it actually possesses. Do not be afraid of falling asleep, for you will awaken when you are rested anyway. Should you find that you are liable to fall asleep more than you desire to, give yourself a pre-Hypnotic-Suggestion that you will waken in ten or twenty minutes, you will then awaken refreshed and rested and you may try again, you will awaken, should you fall asleep, at any time, at the time you suggest to yourself you must awaken, be it ten, twenty or thirty minutes and the sleep will do you much good. Be Sure to think right, this is necessary in order to get rightly started. Remember that thoughts are entities, things, and that there truly resides in man an inherent power which enables him to communicate his thoughts to others independent of the recognized organs of sense. Telepathy is now a scientific fact.

The many thousand authentic cases of thought transference or telepathy reported from all over the world are not mere "coincidences" nor mere happenings" they follow too closely the law of this universe. When certain well known conditions as herein described are followed, and these rules strictly observed, the desired phenomena are observed at any time. We must have harmonious conditions, quiet surroundings, the presence of those in sympathy with the participants, and the work in hand must be conducted along the proper lines. There must be a passivity on the part of the receiver in order to project the operators thought to him, for if the brain, of the receiver is busied with other matters, he will not get the projected thought of the operator until he is passive and his brain becomes receptive to the projected thought. Healing at a distance is pos-

sible by thought transference, when the proper conditions are observed, as has been repeatedly observed by many eminent scientists.

Telepathy cannot be bought as one would buy a suit of clothes, one is a mental process and can only be acquired by practice, the other is a marketable commodity, and exchangeable for money at any time. But while money will buy copies of the rules and courses of lessons and sets of instruction showing how to practice and cultivate telepathy, money will not buy the finished product such as clothes are, only practice and study will develop this condition. Telepathy is a demonstratable fact. When something happens to a relative or friend we are often notified of such facts; We know it; We say we feel it; Two persons often express the same idea, with the same words, simultaneously. We think or speak of a certain person and coincident with our thought he will appear at our door, hence the saying "If you speak of angels you will hear the flutter of their wings; If the receiver has stronger auto-suggestions than the projected thought of the operator he will prevent the operators thought from finding lodgment in his brain. When an operator uses strong telepathic suggestions to a passive recipient and it is not antagonized by the neutral attitude of others, yet he fails in his attempt, the failure is generally due to some opposing suggestions of a physical nature. This class of suggestions may be numerous, you must take into consideration oral suggestions, such as voice, written suggestions, such as those made by passes, or signs, etc., all bodily discomforts, and all disturbing elements, whatever their nature. I have often demonstrated on a hypnotized subject the power of telepathic suggestion to counteract the most positive physical suggestions, without the subject having any previous knowledge of the intended experiment. I have given him among others, the suggestion that his right arm was paralysed, and that he could not raise it in the slightest. This suggestion would be carried out to the letter. Then again in a few moments, I would repeat this suggestion in the same manner and tone of voice, but with my mind intently concentrated on the idea, that he would be able to raise his arm in perfect ease, with the result that he would receive the telepathic suggestion, which proved the stronger of the two, and the man's muscles acted as in their normal condition. To eliminate all chances of his adverse suggestion being of a physical nature, I have tried the same experiment with the same result when standing behind the subjects chair, and by writing the suggestion on paper with the understanding that he was to accept each written suggestion the same as if oral. The operator is not the only one whose suggestions may effect the mind of the recipient. The possible source of telepathic suggestions are so great we can hardly draw the limit in regard to whose objective mind may or may not come into communication with that of the subject. We will now give you a few illustrative exhibits of cases treated by telepathic suggestion, to how the power of telepathy as applied thereto. These cases are reported by Prof. John B. Early of Los Angeles, California. The cases have been cured by telepathic suggestion, without any objective knowledge on the part of the patients being treated. Miss M. suffering for five years with irregular menstruation, catarrh of the throat, and stomach, and a hacking cough. After nursing a case of pulmonary phthisis, she developed night sweats, followed later by hemorrhages of the lungs and emaciation. In her case there was no bacteriological examination made of the sputa for the reason that it was thought unnecessary inasmuch as she had the hemorrhages, night sweats, emaciation and all the symptoms of a typical case of pulmonary phthisis, the mental and all physical tension, loss of sleep, irregularity in eating, but principally the auto-suggestion regarding the liability of contagion, resulted in the above described condition.

The method of treatment was like this. Every Sunday and Wednesday night upon retiring I charged my subjective mind with the following message. John at two o'clock to night while



This illustrates the awakening of a subject that has been asleep for some time, and completely under the control of the operator.

your body is in a deep sleep, you will go to B. Missouri, and impress Miss M's subjective mind with thoughts of health, peace, harmony and well-being.

You will repeat the following formulas:—M. fears consumption, but there is absolutely no danger of her contracting it. She has suffered from overwork in the past but she is now resting, resting so well; every nerve center is actively engaged in restoring health and harmony to her entire body. M. has had hemorrhages from the lungs many times, in the past, but she will have no more; all irritability in the mucous membrane in the entire system will cease. It is now going away; M. is feeling stronger, more happy and contented, and will awake to-morrow morning very much refreshed and benefitted by to-nights sleep. Her appetite will be better, the blood will circulate freely throughout the body. By every inspiration she is drawing one part of oxygen and four parts of nitrogen to reoxygenize the blood; for by such a process the red blood corpuscles carry the oxygen throughout the body and by a return of the venous blood to the lungs she exhales and throws off the poisonous carbonic di-oxide gases. The red corpuscles of the blood are becoming more humorous, more highly vitalized and more capable of doing their work perfectly. M. has suffered very greatly in the past during her periods of menstruation. That condition is now being completely changed; these periods are becoming regular, painless and perfectly normal in every way. M. realizes within her souls consciousness that she is getting well; she feels well, and knows that she will be restored to perfect health before long. Every night while she is asleep she will completely relax and allow nature to do her work unhampered by any adverse auto-suggestion.

Functional changes are now occurring in the diseased cells and tissues, organic lesions are being removed and every organ in M's body is being restored to a normal, healthy condition. M. is realizing this condition and these changes and through her subjective mind is bringing them about.

M. will sleep well to-night and awake to-morrow morning feeling so well, good night, sleep well. She is actually getting well fast and will soon be her old self again. I kept up this line of treatment for about three months when she became quite robust and is as healthy and as well in every way as the average woman, of to-day. I hypnotized this person while I was in the east five years ago, and helped her very much at that time. At the time I treated this lady she was living in Northern Missouri and I in San Jose California. In charging my subjective mind with this work I took into consideration the difference in time, and felt that I was visiting her about 4 A. M. Chicago time. I have successfully treated many others for various difficulties, but the methods employed are so nearly like the other that to repeat them minutely would be an unnecessary repetition, therefore I shall only speak of a few without going into detail. Mr. B, living in Missouri, at St. Louis, suffering from insomnia, caused by indigestion, nervous headaches, Otorrhoea (catarrhal discharge from the ear) enhanced by otitis, and a complication of physical and nervous disturbances, I had been giving him mental treatment without his knowledge. In a few weeks he seemed like another man. The insomnia, indigestion etc, became a thing of the past; the discharges from the ears stopped, and he is now quite well, and has gained over fifteen pounds in weight.

Here is another remarkable cure by telepathic contact, M. S. at Grand Rapids. Hotel, roomed next to me, did not know him at the time of his coming although I made his acquaintance later. He coughed very badly, he greatly annoyed me, kept me awake two nights. I decided to stop his cough or move, as this was very inconvenient, I put forth an unusual effort to stop his cough. The first treatment was as follows; I sat down in my room and made myself passive, mentally and physically, and while in this state I placed myself "en rapport"



MONOTONY.

This illustrates four subjects placed in Hypnosis by gazing intently at a common lamp, under the guidance of the Professor.

with him, after satisfying myself of the condition I gave the following suggestions, "give me your subjective attention. All irritability of the throat is now ceasing, you have no desire to cough, all tendency in that direction is ceasing, you feel the need of sleep; you are going to sleep; you are going to get well, your cough is stopping; All irritation of the nervous system, reflex nerves, is ceasing, you are feeling calm, quite, restful and sleepy; no coughing; going to sleep, and these mental suggestions will stimulate your life forces to throw off this annoying cough; Now your cough is stopping; no desire to cough, you feel no need of coughing, you are going to sleep; and you will have no more desire to cough during the night, now you are falling asleep. His cough ceased, therefore I concluded the treatment for the night with the following suggestions; "you are now sleeping peacefully; to-nights sleep will be a great benefit to you; you will awake to-morrow morning feeling greatly refreshed, and you will continue to improve until your health is fully restored. "This line of treatment was continued for three consecutive nights with the result that the patient coughed no more, and in conversing with him afterward he admitted to me that he was completely well of his cough and other complications. Although he was not objectively aware of my treatments at that time.

Here is another case, Miss G. pulse 120, temperature 103, headache, backache, other symptoms simulating the "La Grippe" I considered her very sick girl as also did her family, so much so, that they consulted me regarding the advisibility of sending for a physician, in which I concurred, but made the suggestion that we would first see what suggestive treatment by telepathy would do. As I fully believed that I could relieve the girls condition, but told them that if I could not help her in the course of five minutes to send for a physician by all means. My mode of treatment was by taking a dish of cold water and placing my right hand in the water, my left hand on her forehead, I made the mental suggestions that I would pass the fever from her through my body into the water; and would transmit from the water to her, an element of life to replace the fever. These suggestions were continued for ten minutes. Results: pulse 100, temperature 100, patient free from pain, resting quietly, and was asleep in five minutes.

With such results one can readily see that a physician was not needed, and the condition of the patient was completely aborted. One more fact will close these lessons. These illustrative treatments are given herein to show the power of telepathy and the power to manipulate it when you have learned to concentrate your thoughts and then to project it to another with sufficient power to make them understand you and receive the full and desired results. A young lady living next door to me began to play the piano, which I thought would awake and annoy a patient of mine. One of the members of the family suggested asking the lady to discontinue her playing; but the thought came to me to demonstrate that this annoyance could be stopped by telepathic suggestion. When I made known this fact to the family, they laughed and said that an earthquake could not stop the lady under a couple of hours. To demonstrate that telepathic suggestion could do it, I made use of the following mental suggestion, You (calling the lady by name) would rather read a novel to-night than to play the piano, somehow you want to stop when you have finished the piece you are now playing, somehow you do not take the same interest in the piano to-night that you usually do, etc. Result; within five minutes the piano became silent and no more music during the rest of the evening. The patient slept well all night remained in bed the following day, but on the second day was up as well as ever. The case will clearly demonstrate to you what beneficial use telepathic power may be put to, and show you that it is very desirable that you should cultivate it at once. Make a careful study of these lessons, and practice them all the time, along the line of instruction contained herein and you will become a full fledged, powerful telepathist. In closing we again call your attention to the employment of telepathy both for prac-

tice and growth as employed in every day life, your continued use thereof after the following plan and process will materially enhance your growth as a telepathist and you will soon become a capable practioner of telepathy in its varied forms and uses.

Begin your practice by the following various processes, practicing telepathic action of the mind in all your daily undertakings. Then you will see a growth that will surprise you soon. If you see a person walking in a certain direction, suggest to him telepathically that he change his mind and go in an entirely different direction, your results will differ according to the potency of your communication and his concentration upon the objective point; If the person is walking aimlessly you will cause him to change the direction of his walk to the extent that you are able to project your thought telepathically. Try to influence persons to change their positions, wherever you may find them standing or sitting, induce them to go to another part of the room or building. Think of something in another part of the house, then suggest that some one of your family procure it, and bring it to you. If you want something done, regardless of the nature of it, instead of asking to have it done, telepathically communicate it to another that they shall get it for you, bring it to you or any other thing or way you desire, and if you wish a letter from any person whom you know, ask them telepathically to write you, keep up the suggestion if you do not get it the first time, it is good practice and you will eventually bring them to do as you desire. Suggest that anyone you may desire to see, shall call on you and you will soon see them, remember that inability or a strong disinclination will sometimes prevent you realizing your communication but you can even overcome this by continous application of the telepathic power of your mind upon others. Your subject may get your suggestion but be unable for certain reasons to comply therewith, or he may from selfishness or other causes, be unwilling to do as you desire, in such cases you will be compelled to practice and project your thought with a very strong power to compel him to come to your terms. You must limit your practice to your personal rights for you must not expect to telepathically compel others to do wrong to themselves or others for you. Music may be largely taught by telepathic suggestions sent many miles, many times people respond to mental suggestions, when they will not do so to oral suggestions. When you have practiced for a time and are able to perform Satisfactory telepathic projection of your thoughts let us hear from you, telling us your experience, and if at any time you desire more information along this line, write us telling what you want, and we will cheerfully supply it to you as soon as possible.

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CLAIRVOYANCE.

PREFACE.

There are two different kinds of Clairvoyance, the words in combination meaning "clear seeing." We shall treat herein of both kinds of clear seeing or clairvoyance, calling one voluntary and the other involuntary, to distinguish one from the other.

The voluntary clairvoyance is the result of auto-suggestion, scientifically practiced upon the personality of the practitioner. By this practice he is enabled to put himself asleep with continued consciousness, and in this sleep he may read his own subjective function of mind or the subjective function of the mind of any other person in rapport with him. The subjective function of the mind is very much like a book or blackboard on which is written everything that has reached the consciousness of the person, whether it made a sufficient impression upon it at the time to attract his attention abnormally enough to cause him to pay more than the ordinary amount of attention to it or not. But everything that came within his consciousness is indelibly affixed to his subjective function of mind and may be read by any person in the clairvoyant condition, either voluntary or involuntary, as clearly and intelligently as a book.

Involuntary clairvoyance is produced by placing a person in Hypnosis, then gradually causing them to enter the deeper degree of sleep until clairvoyant. Which condition is easily determinable by their answers to your questions, wherein they show how far and how clear they can see. By a careful study of Hypnotism and Mesmerism, and by practicing Hypnotism, with suggestion as well as auto-suggestion, you will soon be able to become clairvoyant at your option, and the depth of your ability will be governed more by your practice, which will develop your capability, than anything else. "Practice makes perfect," and clairvoyance comes from practice along the line of Hypnotism. The operator causing his patient or subject to enter Hypnosis and then the deeper degrees where clairvoyant ability is practiced or practice auto-suggestion upon himself until he can enter the clairvoyant degree of Hypnosis personally without assistance from others. That you will study this course of lessons until you become a capable clairvoyant is the wish of the

AUTHOR.

CLAIRVOYANCE.

We do not attribute to the act known as clairvoyance or "clear seeing" any abnormal condition. It is simply the bringing out of the abilities of the inner or spiritual man. We feel safe in saying that it is the action of the soul or spiritual part of man, that is possessed by all mankind and realized by them to the degree of intellectuality they have attained. Perhaps slightly modified by the personality of the individual. It is cultivatable by all persons and may be used in many ways to great advantage by all. It is better to practice and understand both ways of entering into clairvoyance, as it is sometimes desirable to practice auto-suggestion and continued consciousness until you enter the clairvoyant state alone, then at other times it is best to possess the ability to place another person in the Hypnotic clairvoyant condition and permit this subject to read for you the subjective function of the mind of another, a thorough knowledge of both methods will be of much value to all persons possessing such ability. In Hypnosis we recognize two different degrees of clairvoyance, the limited and the unlimited degrees. In the limited degrees the subject can only visit those places he is ordered to visit by the operator, and he can only see those things he is directed to see by the operator. It is frequently thought that this degree is purely telepathic and that the subject simply reads the subjective mind of the operator, but while this may be true in some cases it is not always the case. Many times the subject will read conditions and describe them clearly that are unknown to the operator. It may be possible that a latent recollection of the incident may be in the mind many times, but it is not always so, and in unlimited clairvoyance there can be no question that the subject can see things that are not

known to the operator, and therefore impossible for the subject to read from the mind of the operator, telepathically or otherwise. Of course everything in the known world is known to the subjective function of the mind of some persons, and it is also the fact there is a continuity of thought between all minds in certain circles, and the person who by his efforts or the efforts of another who can enter the clairvoyant condition deep enough to read the subjective function of the brain of another may read the subjective mind of all who are in contact with that mind. In this particular clairvoyance is an exhibition of remarkable psychic ability, we may deny all other versions of this power desirable to possess, but a careful study of clairvoyant conditions and possibilities, with its products, will soon convince one that there is less limit to its phenomena than many believe, and a careful practice thereof will soon teach the student how to become familiar with many things that we think can not be classed under the head of telepathic communications from the mind of the operator to the subject. Then when we possess a clear understanding of clairvoyance as practiced personally by auto-suggestion we will be able soon to convince the most skeptical that the clairvoyant power far exceeds the limits of telepathy in all cases. To narrow clairvoyance down to absolute perception or intuition would be to put a fence around it, over which it would leap every time it was manifested. Seeing and prescribing intelligently involves itself into the use of personal Divine powers inherent in man. Although not used by all men, we are all conscious in the objective function of the mind when we are awake. Some of us are conscious in the subjective function of the mind when we are asleep, some of us are conscious when we are asleep or awake, or as it is more graphically described continued consciousness. We may if we will be conscious only in the objective mind at all times, having periods of consciousness and unconsciousness or we may be conscious at all times in the subjective mind, or continued consciousness at all times. To see or perceive both naturally and supernaturally or objectively and subjectively should be our aim, for in this condition we may see and know whatever we desire at all times.

There is no function back of the subjective or spiritual, this is the soul and has direct contact with everything, we can see and perceive clearly in this way. There is but one process from which clairvoyance may come. It is from the spirit—per se. "Intuition is the oracle of Divine inspiration and as such is inerrant. It is wisdom and Theosophy combined. This is the God-wisdom, it is the truth adapted to one's present experience and in so far as it is truth, it is infallible. Says Prof. J. Harry Diamond of the Universal School of Mental Science, of Rochester, N. Y., and in this he is right. Intuition is Divine and inerrant wisdom and theosophy, combined. The God-wisdom, and it is infallible. An intuition is never a theory, and intuition has no subjective nor objective spheres, clairvoyance is the next degree to intuition and is the cultivated Divine principle made use of by cultivation, the other is the natural inherited Divinity of man, his birthright, his God-image. Clairvoyance is a reality, it is the power to so effectively put off the objective functions or faculties that we may see spiritually, it is cultivatable in all and all should cultivate it. Clairvoyance is the act or power of knowing, recognizing or becoming cognizant of actual facts, things, conditions, it is the greatest part of a man's mind, and man is the greatest thing on earth.

To cultivate clairvoyance like cultivating anything requires effort, a special effort, but a cultivation thereof soon causes it to become automatic, you may then make it involuntary or mechanical, this comes by practice, you must practice if you would develop your soul and your inner consciousness until they make grooves for you wherein you may run thereafter until you are tired, with much less effort than would be required in the beginning. Clairvoyance like all deeply scientific intellectual attainments is an art. Its elements exist in all of us. But we must systematize them and use them if we would intelligently use them, for the good of ourselves or others. Clairvoyance is far-reaching, it pays well all who cultivate it for both personal and general use, though the road to a full, complete knowledge of it be rough and tedious, and difficult of ascent. Follow intuition, it is unerring, when intuition prompts you, follow it at once, this will cause your perceptions to grow clearer, stronger, more frequent, freer. Clairvoyance sees, feeling feels, psychometry knows, it is intuition per se,



CREATING ILLUSIONS.

This illustrates the Professor creating illusions in the mind of a subject while in Hypnosis.

when the objective function predominates we see but dimly. When clairvoyant we see as clearly as our psychometrical development permits. When intuitive, we understand and produce results without question. We cannot get too much training. We all need it. We are dealing with actualities, and we must conform to its rules, then we will get good results. Different persons in clairvoyance develop different degrees of ability. When possessed of an ardent desire to progress we will soon develop deeper degrees of ability, and increased intellectuality and ability will be ours. We slowly take down the fence which surrounds us, limits us, hinders us, then we will develop the ability to descend into the deeper degrees and we may become clairvoyant to such degree as we desire. Full habits, amorous pleasure, high living, mental excitement, and all other irregular, gluttonish and improper habits interfere to hinder us in our development of our clairvoyant ability, change the diet to fit the condition, keep the skin clean, clean the head and hair every day, make your food light, eat fruit, you may use tea, coffee or milk, but it is better to avoid fat, chocolate, pastry and sugar, to excess, continually will to yourself the end or degree aimed at, the depth will be regulated by your effort; continuously desire that you may become more clairvoyant with all your powers, practice Hypnotism and Mesmerism daily and practice auto-suggestion whenever possible that you may acquire personal progress also. Do not deceive yourself. All spiritual communications come to us second handed, but your clairvoyance must see first handed and reach knowledge by first intuition. When you have developed clairvoyant ability enough to be lucid you will have developed a power personal to yourself, positive and useful, you will need no assistance thereafter, you will be able to perform many things that will appear marvelous to others. As you become more lucid you will actually see, you will know, you will understand, this condition will cause you to learn and to grow in intelligence every day. This will increase your mental powers also. This knowledge will refine you in many ways, your body, mind, your tastes, your passions, yes, even your general tendencies. As a clairvoyant you will not be of this world, but of the spirit or soul world. The clairvoyant is and should be able to read the scroll of human life in all its forms and conditions. You will have the power to explain the true meaning of many dreams and visions, you will be able to examine and prescribe for the sick and ailing, those who may be failing in body, mind, soul, hope, affection, love, aspiration, gain or loss. This power to see and to understand clairvoyantly is located in the center of the forehead, it is phrenologically known as the organ of "eventuality," conscious activity of the subjective functions of the mind, with the other function, the objective function entirely dormant, is the clairvoyant state. There is an actual difference between telepathy and clairvoyance which is as follows: Telepathy is an inherent mental man power, by which we may communicate our wishes, impressions, or influences to others independent of the physical senses, and without the use of the objective function of the mind. This is the process used by the mind reader. Clairvoyance is the process of gathering information that others have no knowledge of, that cannot be acquired by perception, by sitting, by the physical senses, by the objective faculties. This peculiar form and phase of phenomena are produced at all times at the will and option of the scientific clairvoyant.

RULES FOR DEVELOPMENT.

Begin primarily by holding articles to the head, at the center of the forehead, for several seconds or minutes if you can spare the time, until you catch a mental picture thereof; mentally, with the eyes closed, practice not less than one full hour every day. Have no one present while you are practicing. Their presence would distract you from your work. When perception is clear and plain, take up more difficult things. Make your first experiments with pieces of earth, glass, rock, stone, china, ornaments, etc., take paper also sometimes, it assists the development. When you have your practicing will in hand begin the cultivation of what is called real perception by transferring your thoughts to a place you are well acquainted with. Get a good mental picture of the place as it exists, commit

this impression to paper, then visit the place and see how many mistakes you have made. Take common things, find them, then take up the more complicated things. Continue along this line until you can see and perceive clearly. Do not hurry, for "haste makes waste." Place yourself into a state of complete passivity, perception will become clear soon. You will soon be able to perceive or see clearly anything you may seek for, wherever located. Then practice on the harder things until you are proficient in all things, cultivate auto-suggestion as follows: Withdraw to some quiet place where you can be alone, and can remain undisturbed as long as you desire to continue the exercise. Sit in an easy chair or assume a recumbent position, on a bed or a lounge, close your eyes completely, relax the tension of your muscles, and make yourself as comfortable as possible, make yourself inwardly still, leaving your fears, cares and worries behind when you enter your developmental exercise. This may be slightly difficult at first, keep on trying, a few days will make you successful. Concentration is the key to this power. Your success will be governed by your ability to concentrate your thoughts on the object desired. You should enter a state of sleep. Yet with continuous consciousness, so that while you are asleep your subjective mind is wide awake and acting intelligently. You enter the sleep condition because in this condition your objective function of mind is dormant and your subjective function of mind has no interfering action to a complete, intelligent control of your mental as well as bodily action. You may treat yourself for any diseased conditions of your body, at this time if you desire, for your mental control in this state will remove any physical condition that may be existent if you rightly apply the right suggestions thereto. If you are treating yourself for any diseased condition, talk to yourself. Give yourself the necessary suggestions to remove or cure the conditions you desire to remove or cure. Treat yourself as you would treat another, use exactly the same mode or words, speak to yourself in the third person or first person as you find you get the best effect. Remember you are a duality. Remember you have two conscious, intelligent personal abilities or minds, or two functions of the same mind operating together. Yet operating separately. You have an objective and waking state of the mind, and a subjective or subconscious state of the mind, each acting in unison and co-ordinate yet separate and distinct in their operation as well. Now let your objective function of mind assert to the subjective function of your mind by suggestions, with confidence, that you feel easy, peaceful, that you have not the diseased conditions, that you are well all over, call your disorder by name as you diagnose it, enter the clairvoyant state and examine your interior body, seeing clearly what ails you, what will be necessary to cure or remove it, then give yourself this treatment until you are well. Believe in your ability to thus see, diagnose and treat yourself, that you will get well, because this treatment will make you well, then continue this treatment every day until you are well. Believe that your commands and suggestions will be hearkened to and obeyed. Constantly impress upon your subjective personality, thoughts of perfection of health, etc., until your objective force obeys you, and your thoughts become outwardly expressed in the flesh. Learn the anatomy and physiology of the parts you are treating and the parts you are using, as they are in health; then form in your mind their ideal, or healthy state, make a good, clear picture in your mind, then concentrate your thoughts on the same condition, positively willing that the desired conditions shall come to pass, you must keep your eyes closed all the time you are practicing.

This brings to your mind a full realization of the authority of the mind power and its control over the body and your life in general. It shows you the proper relation of mind and body, when trained for such purposes. We forget sometimes the supremacy of the mind and we frequently credit matter with too much power, this is erroneous and concentration and proper suggestions teaches us our too common mistakes, bringing us into a full realization of ourselves when all other methods fail to do so. Do not wait until you are sick to begin this practice, commence while you are in good health, this gives you strength which makes you capable and efficient to practice your system of healing upon yourself as well as upon others if you wish to. This also fortifies you, and makes you able to throw off disease with little effort. You may when you are proficient in the practice of auto-suggestion diagnose



This illustrates the attempt to catch fish while under Hypnosis
by several subjects at one time.

your existing conditions and ascertain that you are well or unwell and if unwell, what is the condition, why the congestion exists, what is necessary to remove it. You may procure the assistance of some friend, tell him the nature of the suggestions you need, then have him give you the suggestions after you put yourself asleep. This will hasten the effect as he can give you the suggestions different from the way you would give them to yourself. Then you may select those which produce the most direct and quickest results for you. Do not be afraid to put yourself to sleep, for fear you may not awaken as readily as you desire to. If not interfered with you will only sleep until you are fully rested. But should you desire to awaken in ten or twenty minutes or longer you should give yourself the necessary suggestion to that effect pre-hypnotically, and you will awaken at the desired moment. You have probably aroused yourself this way before, when wishing to make an early start on a journey of some kind, but you did this without knowing the process and without intelligent direction, just "blundered into it" as it is sometimes called, but it shows you the prevailing power of your mind and its predomination. "Thousands of people think themselves sick. Thousands think themselves well. Many think themselves rich. Many think themselves poor. Yes many people even think themselves dead. Says a brilliant and eminent practitioner of Suggestive Therapeutics: "Our habits of thought are peculiarly capable of producing chemical and anatomical changes in our bodies, perverted thoughts excite, aggravate and prolong many disorders of both body and mind." Keep your thoughts pure. Think right. Clairvoyance is much more easily cultivatable and learned, as well as practiced, when we think rightly than when we think wrongly. When our thoughts are properly directed they may be made to arrest the progress and evil effects as well as the results of our erroneous thoughts. It is therefore of transcendent interest to all to know how to think right. We should learn to know which thoughts do harm and which thoughts do good. Various thoughts exercise an evil influence upon the body, such as anger, fear, jealousy, worry and anxiety, melancholic or despondent thought; angry thoughts flush the face or pale it as the nature of the thoughts may be. This indicates a serious disturbance in the heart and circulation. Beware thereof. Fear thoughts produce changes in the circulation and nervous system, causing many functional and nervous disorders, such as paralysis and neurasthenia; sometimes loss of sight and hearing result from fear or fright. Hydrophobia is a good illustration of the effect of fear thoughts upon the person bitten. Jealous thoughts have a bad action and effect upon the liver and bile ducts. Those who are inclined to be jealous for any length of time show it by their sallow complexion. Wrong and anxious thoughts are known to bring on a series of nervous disorders. Thoughts of melancholia or dispondency have the same or similar effects upon us. Bad thoughts reduce the tissue and strength. Cheerful and happy thoughts accomplish the opposite result. Sorrow brings tears. Many persons die, as it is called "Heartbroken". See the continuity of bad thoughts that is evidenced by this condition. See the trouble, disappointment in love and business reverses has brought about in your personal experience and acquaintance. When thought for any length of time is concentrated upon any part of the body it causes an increased flow of circulation in that direction and abnormal conditions are manifested by the body as the result, (Dr. Wood). If we would keep well we must hold our minds in a proper line of thought. The power of thought in controlling the functions and conditions of the body is wonderful, and is clearly shown. This makes it clear how suggestion may be employed to correct morbid tendencies of thought and to effect a complete restoration of our health. Evil is not a natural heritage. Its presence merely indicates ignorance of good or an absence of right thought. All thought is acquired, not inherited. Lying, stealing, cheating are perverted conditions cultivated. Calling a person lazy will make them lazy. The remedy is in holding on to the mental picture of a better nature or self. If a person is dull or inattentive do not think him a dunce, think he is bright, think he has the power of concentration and application, but lacks direction. The subjective mind has full control of the functions and conditions and is pre-eminently susceptible to suggestions when not hampered by the objective functions

of the mind. Remember this and make use of it in developing your ability as a clairvoyant. It will be of much benefit to you. Remember that thoughts are things. Banish from your mind all fear, anger, worry, hatred, despondency, and all disease producing thoughts. Fit your suggestions to your conditions. Make them as you desire them to be. Admit and entertain only pleasant, agreeable, happy, contented, and pure, loving thoughts. Fill your mind so full of these good, pure, loving thoughts that you will have no room for bad or impure thoughts. You cannot be a success at anything unless you think right. Hurl at your enemies fear, anger, worry, etc., proper suggestions and good thoughts until every vestige of bad thought is entirely eradicated. Destroy every vestige of bad thoughts that you may have. Say to yourself, your soul, your subjective mind, a thousand times daily, "fear is an evil thought which I shall completely resist. I will not be afraid of anything. Anger can no longer get control of me. All worry is leaving me. I cannot be jealous. I am daily becoming more courageous, even tempered, happy, contented. I envy no man or woman." Suggest away in this manner all evil or bad thoughts, so called, and supplant the evil with the good thoughts. If you lack the self-confidence and power to accomplish this of yourself, this is no sign of weakness. It is a sign of lack of knowledge of direction. This you can improve by consulting a good psychic specialist. He will set you right. Then practice and keep right. To be taught that all evil conditions are but appearances without reality and controlled by thought has had and must have beneficial effect upon sin and sickness, and quite changes the view of death. So far as this thought has found lodgment in the heart and an expression in the life, through the teaching of the theory and practice of mind cure it has been a benefaction and a benediction, (Dr. Helen Densmore). Ella Wheeler Wilcox says:

"We build our future thought by thought,
For good or ill and know it not;
Yet so the Universe is wrought."
"Thought is another name for fate,
Choose then thy destiny and wait,
For Love brings love and hate brings hate."
"Mind is the master if its sphere,
Be calm, be steadfast and sincere,
Fear is the only thing to fear.
Thought, like an arrow, flies where sent,
Aim well, be sure of thy intent,
And make thine own environment."

Nothing can bid thy purpose pause;
Mind is the great primeval cause;
The Lord God thought and lo! He was;
Let the God in thee rise and say,
To adverse circumstance obey;
And thy dear wish shall have its way.

Again she says:

I hold it true that thoughts are things,
Endowed with bodies, breath and wings,
And that we send them forth to fill
The world with good results—or ill.



This illustrates a student placing his teacher a physician in Hypnosis, showing how thoroughly and carefully we train our students in practice.

That which we call our secret thought,
Speeds to the earth's remotest spot,
And leaves its blessings or its woes,
Like tracks behind it as it goes.

It is God's law, Remember it,
In your still chamber as you sit,
With your thoughts you would not dare have known,
And yet make comrades when alone.

These thoughts have life; and they will fly,
And leave their impress by and by,
Like some March breeze, whose poisoned breath
Breathes into homes its fevered breath.

And after you have quite forgot,
Or all outgrown some vanished thought,
Back to your mind to make its home,
A dove, a raven, it will come.

Then let your secret thought be fair,
They have a vital part and share,
In shaping worlds and moulding fate,
God's system is so intricate.

This is a most beautiful word picture of thought and its powers, its action, its operation. We quote it here for the benefit of our students that they might apprehend and then make the right use of thought, as the proper means and process for the development of power along the clairvoyant line, as it is impossible to become personally clairvoyant or to place a subject during Hypnosis in a clairvoyant condition until you understand the power and use of thought and how to handle thought to rightly produce this condition. Without a full knowledge of the powers and uses of thought you will be unable to tell whether your subject is really clairvoyant or only telepathically in communion with your personality through your subjective function of mind. A few words in reference to the distinction between clairvoyance and telepathic communication will assist you in getting your experiments rightly started. Telepathy is an actual science, and any communication your subject may make to you, that is already within your actual knowledge, you may convey to him by telepathy, so be careful to not judge the clairvoyant powers of your subject by such communication, rather insist upon other and more pronounced evidence. You may procure this by having the subject tell you of those things which you have no consciousness of. You may make a memorandum thereof and investigate their truthfulness after the experiment, ascertaining if he has given you a truthful version of the details at such time. Dr. Thompton Jay Hudson is reported to have a set of rules for his guidance substantially as follows. We quote them for the guidance of our students, as they are some of the best rules you may have the opportunity of following.

First: "Never pin your faith upon any proposition that is not substantiated by well authenticated facts.

Second: Never allow pre-conceived opinions, affectional emotions, nor prejudices for or against any religious sect, creed or denomination to influence your judgment.

Third: Always be ready, willing and anxious to change your opinions on any subject whenever you have found good and sufficient reasons for doing so.
Fourth: Do not be over skeptical. Do not believe until facts appear that are convincing in normal reason."

Remember that thought is dynamic, it is both force and motion. Thought has the same force and is similar in its action to electricity. Thought is the most potent known force, and energy in the Universe. Thought being both force and motion, thinking is the motor power by which our lives are guided and governed.

We hold the motor power to all conditions in our minds. Most of us have never known how to use this force. We fail to recognize the beneficent truth. Misused, misdirected, mistaken thought is the cause of all unease. This includes sickness, poverty and sorrow. To think thoughts of resentment, malice, hatred, or revenge is less wise than to thrust one's hand into a fire expecting it will not be burned. Says Jean Porter Rudd: "Think only good, loving, kind thoughts. Whatever you wish to be, so think, and you will soon approximate the condition you think." This means a continuous thinking along the line that you may cut out for yourself, not occasionally.

"Love maketh all things.

"He prayeth best who loveth best."

All things both great and small, for the dear God who loveth us.
He made and loveth all."

All the evils that beset mankind can be willed away by a quick appeal to the better self, the soul, the thought, rightly directed. Auto-suggestion is the most practical as well as the most powerful force in life. It is a kind of subtle determining power, Divine in its nature, escaping analysis or classification, acting both as the authority, the all determining power of our lives. It is as elastic as air, and as flexible and all-persuasive. It is as potent as the most powerful force in this world yet discovered. Yet this dominating energy by which we are so largely directed is to us mysterious and unknown, because we fail to cultivate a personal knowledge thereof. The secret of all success and happiness is to learn its nature and laws, then make a personal application thereof. In the process of applying the principles of suggestion to the cure of disease or creating of easier and more prolific as well as fertile thought, you are not called upon to tax your credulity by any assertion that is not demonstrable scientific truth. Suggestion actively and intelligently employed is always effective and convincing in its action, and conclusively proves itself to be what it pretends. Its conclusions are truthful, producing effects that cannot be disputed nor gained by any one. A good test for a clairvoyant self or subject is to take your watch, a double case watch must be used, turn the hands either or both ways several times until it has been changed so no one will know the time it indicates without looking at its face, then have the clairvoyant tell the time indicated by the watch before anyone has ascertained it. You will soon see if the clairvoyant has told the time correctly when you look at the time thereon after the clairvoyant has told it. This is a very good time test, for if no one has seen the face of the watch no one can tell the time indicated by it without looking at it unless it is done by clairvoyance. There can be no telepathic mind reading, nor communication from one to another of a thing not known by either. Use this test whenever you wish. It is a very good test. Things sometimes happen that we think we cannot help it, but many times they are caused by our heedlessness. Stop this. You cannot afford to be heedless of anything. You must be wide awake, or you will regret your inattention. Abolish every thought from your mind and close your mouth to every word that would pain or injure in any way any person or thing, and see that you not only do not say it, but do not continue to think it. Do not keep promising that you will cultivate yourself in this way or that science, but do it, do it now, do it to-day.

You cannot afford to wait. If you have a kind word to say, say it now, to the person you intend it for. Never dream of the grand things you will do to-morrow, do them to-day, then you will progress to-day. Do not do it in your thought only, but manifest your thought, by word and act. To-day, now. One sign of mental health (and without mental health we are unwell all over) is serenity of temper, a self-control that will enable us to bear with equanimity the petty quarrels and jars of life, especially those arising from contact with scolding, superfluous, irascible, or imitating persons. Serenity of mind can be both taught and learned. One reason why mind conitrol is so much sought for today, is because it helps those who have lost their mental equipoise to regain it. When they succeed in unburdening themselves they rejoice. For they must resume their normal conditions, which are decidedly more pleasant and agreeable. Each soul or person rears its own dwelling place and puts in such furnishings as correspond therewith. Those things which are called evil, wrong and even hell, which shrivel and blast human lives, are the creation of disorderly and unregulated thought-forces. The beautiful stuffs from which both an inner and outer paradise may be built, is strewn around in endless profusion. It is your personal misdirection which makes it evil. Hell is creative rather than vindictive, a condition of mind, not a place. All force is generated within from elements without. The same elements exist for all persons, but all persons have not trained themselves to use them rightly. You will never start if you do not train yourself at once. Do not delay another day.

Our weaknesses are caused by two reasons. First, lack of knowledge. Second, lack of training. Do not let either of these two reasons deter you longer. You will never start if you do not begin now. Do not take that eccentric mental attitude of throwing your weakness into the lap of someone or something outside yourself. What ever you are, you are responsible for. Blame not your ancestors nor "fate" for whatever conditions may be yours, you alone, are the ruler and dictator and king of your conditions, government and position in life. You may make of your life whatever you choose. Heredity constantly thrusts its ugly mask before us, but what of this? Ignorance, superstition and fear surround us, what of them? The more hideous the spectre, the more glorious your victory in the transmutation of the apparition to something beautiful and useful. "He that loves books," says Grace Barrows, "will never want a faithful friend, a wholesome counselor, a cheerful companion, an effectual comforter." By studying, by reading, by thinking, one may innocently direct and pleasantly entertain himself; as in all weathers so in all fortunes. "We often magnify troubles and difficulties and look at them until they seem greater than they really are, foresight is very wise but foresorrow very foolish and castles at any rate, better than dungeons in the air," Sir John Lubbeck, M. P. Great men are those who see, realize and practice from the thought that the spiritual is stronger than any material force, that thoughts rule the world, and they must think if they would raise in this life, or be successful in the line they prefer to follow. The happy person is the one full of affection, a strong large and perfect contentment. This frees him from the slightest feeling of selfishness. To destroy the enemies of the soul and body, selfishness, hatred, anger, and jealousy, we have only to fill ourselves with the Divine Love; then these enemies will flee. Faults are made deeper by keeping them in the mind. See as much good as possible, then enlarge it, by deepening the effectual nature, keep all bad thoughts dormant until you can fully eradicate them. Keep your good thoughts active, and you will both deepen and broaden your whole life. Consecrate to-day to beautiful thoughts. Let nothing enter into it that may be unworthy. If all who know the power of thought would send out kind thoughts continuously to all, irrespective of race, creed, or condition, in a short time the world would dwell in peace. This is the truth that will bring freedom from disease, pain, suffering, torture, and vices, the hells earthly and spiritually; lend your assistance in bringing about this condition as fast as you are able. All power resides in the human spirit to be brought to expression according to our recognition of it, and we are as our recognition and practice of manifestation of this power makes us. Demonstration must take the place of argument, never argue. "Let your light so shine before men, that they shall see

your good work." Direct your mind and the channel of your thoughts in the direction you wish to accomplish your effect, control your mind by auto-suggestion; from the subconscious storehouse of all knowledge you may draw whatever you may desire in the way of wisdom. You may direct your mind to the development of your psychic faculties. Nothing is hidden from soul perception. "Practice makes perfect." Your first care should be to let spirit have its way in health, this is easy, let the body alone; keep the mind off of it, expect it to be kept well by the maker spirit. Love is the first and last expression of spirit. Concentration is the key; as its opposite diffusion is the cause of all failures; failure in health, business or love. Practice concentration until it becomes a new instinct, not merely habit. Concentration is the key to all occult mysteries. You must rise above this life of sense, ignore the coarser vibrations and sensations, that come from the five senses, and live in the finer sensations. All this condition can be scientifically developed, cultivated, and made to become as real as music, painting, touch and musical tact; by devoting a little time intelligently daily, in much less time than it takes to make a musician, one may become a clairvoyant and thus win the desired condition. Never indulge in fear thoughts. You cannot fail if you continue to practice. Clairvoyance is a reality, it is the art and power of knowing or recognizing facts, things and principles, by methods totally distinct from those usually pursued in their attainment. At first clairvoyance, like any movement, nervous or muscular requires a special effort, but it soon becomes automatic, involuntary, mechanical.

When you have made a careful study of these lessons, write us for further information if you think you want it. Practice daily until you think you are proficient, then make such use of your ability as you have already decided upon.

Write us at any time you need our assistance and we will reply cheerfully to all your letters, furnishing you the desired information as rapidly as it may be possible for us to procure it.

Address American Scientific Institute, 345-7 Ellicott Square, Buffalo, N. Y.

MENTAL SCIENCE.

PREFACE.

MENTAL SCIENCE is the thinking rightly and living or manifesting rightly of that thought. We shall give herein the brightest thought of the brightest minds along the Mental Science lines that our students may learn to think rightly. There are so many Mental Science writers that it will be impossible to give all of their important writings, then there is some similarity in their writings, for which reason it is really unnecessary to give them, but the brightest thoughts of the brightest minds will be sufficient to give you a full, complete and clear knowledge and understanding of mental science. That you will read and study these lessons until you are a proficient mental scientist and then manifest such study and reading in your future life and action, that you may fulfill your destiny and be of much service to the world and that you may strive to fill such a very valuable place in this life that at your death the people will rise up and call you "Blessed", whereby you will leave a good, meritorious condition as your mark upon this life, and you will not have lived in vain, you will then experience the happiness which is enjoyed by no others and you will have fulfilled the most ardent desire that has come to the writer of these lessons that they shall produce the very best conditions for those who carefully study them and that you will enroll yourself in this vast army is the wish of the

AUTHOR.

MENTAL SCIENCE.

FATE.

One ship drives east and another drives west, with the selfsame winds that blow. Tis' the set of the sails, and not the gales, which tell us the way to go. Like the winds of the sea are the ways of fate; As we voyage along through life, Tis the set of a soul, That decides its goal, And not the calm or the strife. (ELLA WHEELER WILCOX).

Prof. Tyndall, said: "It was found that the mind of a man is capable of penetrating far beyond the boundary of his five senses; that things which are seen in the material world depend for their upon things unseen; in short, that besides the phenomena which address the senses, there are laws and principles and powers which no not address the senses at all, but which need and can be spiritually discerned, "Great men are they who see that spiritual is much stronger than any material force. That thoughts rule the world. "The "will" designates our entire capacity for impulsive and active life, including our instructive reactions, and those forms of behavior that have become secondarily automatic and semi unconscious through frequent repetition.

The spiritual law is simple and plain. Truth, Justice, Love and wisdom, are the four fundamental principles, and to understand the application of these is to know all about spiritualism and every other kind of "ism", to know how to test the spirits whether good or evil, to separate the good from the evil, to cast out "Devils" so called, and to heal diseases. A pain forgotten becomes a pain half cured and at last all the force of the will is enlisted in a passive resistance to the conditions of ill-health. "All disease, both individual and social, now as in the time of Christ, are caused by evil spirits, the spirits of greed, selfishness, hate, bigotry, prejudice, fear, avarice, sensuality, servience.

Et hoc genus arme, especially ignorance and materialism. These are the controlling spirits of this dispensation, Christians, Infidels and Spiritualists alike are ruled by them. They are powers of darkness so called in light places, (New Dispensations,) your life forces extend as far as you can think. Do you harbor idle, fearful, fretting or worrying, jealous or envying, angry or hateful, evil and malicious or revengful thoughts? If you do, take treatment at once by suggestion for their removal. Any one of these perverted thoughts, if held persistently for not a great length of time, will produce in the thinker such abnormal conditions of mind and body as are akin to such thoughts, fear, fretting and worry cause many mental disorders and many nervous diseases, jealousy or envy are known to effect peculiarly and harmfully the liver and bile ducts, sometimes causing severe jaundice. Anger poisons the blood and disturbs very much the digestive process, for selfish and personal reasons, if for no other you should earnestly and constantly strive against thinking the evil and perverted thoughts and strictly adhere to those that are pleasant, agreeable and uplifting. Thoughts of love, health, peace, prosperity, etc., best deserve this purpose and free the mind of all entangling and retarding mental operations. It is only by a cessation of thinking those old thoughts and the incorporation into our mind in place, thereof of healthy, happy and prosperous thoughts, that we can gain a realization of all that is implied in the terms, "Health, happiness and prosperity. "Hold to the thoughts of your oneness with God. In the degree that you do thus, you will find yourself realizing it more and more; and as this life of realization is lived, you will find that no



1st. DRAWING BACKWARD.

This illustrates the Professor drawing a subject backward in the first stages of Hypnosis.

good thing will be withheld from you, for all things are included in this, (Ralph Waldo Trime.) The first and most helpful thought to bear in mind is that the power is with us here, and now, immanent in the very soul that needs help and in the very trouble from which we wish to be free, (H. W. DRESSER.)

THE BEAUTY OF LABOR, TOIL UPWARD.

No one can fully enjoy a mountain who ascends it by a railway, it is better to get up in that way that not to go up at all, but the best way is to toil upward on foot, the tougher the difficulties of ascent, the greater the joy when the summit has been gained and the more abiding and fruitful the memory of the view, we should be thankful for the difficulties of life of which we often complain. God knows what climbing is best for us and therefore compels us to toil if we would ascend, and yet, how often we groan because we are not pulled or helped up every mountain of difficulty.

The work is happiness, there is no greater misery than enforced idleness, and enforced idleness is what is filling the world with poverty and despair to-day. No idler can be happy, the idle rich, in the effort to kill time may perhaps plunge into all sorts of soul-deadening dissipations, while the idle poor 'loafs' in the sunshine and tramps our broad land to beg his bread from door to door. Neither is nor can be happy. The most positive form of "Hypnotism" to-day is the suggestion of evil, sin, sickness, and death under which we labor. Suggestion has captured nearly every one in existence, few only are free therefrom, and they are gradually becoming familiar therewith. Being covered from head to foot and plastered over thoroughly with race beliefs, we cannot see the truth, and the true individual, "but we see rather the Hypnotised subject and every reasoning mind knows this. The unthinking class are "under or subjective" as the operator in hypnotism says, vainly clawing the earth with pain, crying for bread, wishing to die, and entering complaint after complaint in their down trodden state. Wake up! you are not foolish, craze, nor born in sin, you are just acting out the suggestions of an ignorant race long dead, and buried. What an idea! How really chagrined we feel upon waking out of that psychic slumber! Coming to our senses, where there heretofore poverty stricken, death dealing beliefs possessed us. The intellect is powerful and can save to the uttermost and all we need is to "know more," when great will be our accomplishments.

Millions upon Millions of people are as helpless to day, (in view of the race beliefs,) as the first hypnotic subject, under control of the hypnotist. The thought of love, opulence, health, strength, and peace, when properly conceived and held will re-abound so as to make every one happy and free from the delusions of our old time existing ancestors.

CREATION.

Seeker after truth, what do we understand by the term "Creation" in its broad and most practical sense? What is Creation? Do we mean that which is as something already made, that we (as mortals), are trying to bring into visible manifestation or expression, or have we reference



2d. This illustrates a Cataleptic condition of a subject while under Hypnosis fully drawn back.

to something yet to be made, as in the process of construction, etc.? We seek to make manifest that which always existed as a latent principle, power or energy. That we see, taste, feel, etc. is the finite expression of an invisible potency, principle or substance, is what we mean. And as we develop mentally, we acquire greater power of perception, conception and the power to make manifest this hidden power and all its Omnific and Omnipotent nature would involve. We see most wonderful things in nature and are lead to exclaim, "What is this?" "And only a deep occult study has revealed these otherwise hidden mysteries.

We trace the power called "God" but now known as "mind" from the most infinitesimal form of life to the ponderous or more intelligent and Divine Man. "Here more potently is this omnific principle expressed. And still "What is it?" many will ask, varied are the names given to this simple force, but all agree as to its potency, and millions now see that it is mind, the vibrating, reasoning, conscious, active part of man, and what could this be, but mind?" Call it what you will, but mind more fully expresses it, and we will start from this point, we perceive "mind" to be a fault of immeasurable possibilities, each expressed as an individual potency but the "One principle" only is expressed, what it may in the absolute (or in its entity) possess as quality, power, substance, life, thought, motion, consciousness, etc. is not within reach of our present ability to measure. We are ever (as this principle manifest) reaching out into broader fields of usefulness and power. What we *may discover* I will not seek to measure by any past experiences but push, forward to the goal of greater satisfaction in the discovery of infinite potentiality. That mind has great power none dare dispute, but that it has all power each has to demonstrate for themselves. Because some have proven much more in mental creativeness than others, and it seems to be a matter of individual growth. I will not argue as to mental potency but I have seen enough in my mental practice to assure the most skeptical that mind is a marvelous factor of good and from it must issue wonderful things, for illustration, we are dependent upon thought (with mind as the thinker or thinking machine) for quite all of the the pleasures we get, we are dependent upon mind, quite wholly, are we not? for everything. What is there that thought did not bring into visible manifestation? Can you positively name one thing? What is it? Think a moment, what brought you here? What came before thought or where were you before thought or consciousness, which is thought in vibratory action? From whence and how came you if thought did not precede existence? Friend you positively could not have been, only that thought, as a creative and life growing principle preceded you, and when this very sensible fact is revealed to you, a new form of existence opens up. You thought man a material being; but, he is not, and here right here, your life's troubles began and you have not been right since the mistake was made. Will you take a new view of existence, leave your old beaten track of ignorance and march into the haven of rest, from pure reasoning. That is righteous reasoning. Will you think a little more correctly along this creative line? If you will, there is long life and plenty before you, but, if you foolishly think that you are a product of matter and are invested *with mind and* all of its powers to reason with, etc. etc. then you are left, for all is mind and knowledge of it alone must prove your salvation. Man is a mental being endowed with powers of reason, energy, thought and locomotion, if he thinks right and well he will be bright and happy, but if he believes in matter, evil, sin and disease, he will have these to encounter, for it is a demonstrateable fact that man is subject to whatever he believes in as a prefixed entity (or power) to his being, prefixed ideas, (as to faith) are as laws under which he must serve, and many serve into death who had the awakened to absolute truth could have lived in this day, though he were a thousand years old. "Oh! but that is an impossibility you say, Possibly friend, but farther knowledge of the mental principle would push you along ways into the matter believing it, what men have not done is no criterion or standard as to the possibilities of other men, and for one I am not

to be limited by the past experiences of anyone. We should go ahead like a steam engine on a good track with all of the force and energy we possess and can cultivate, finding the end of the track if there be one and we can find it, but so far as life is concerned it has no end, at least not any more than a "Jumping off" Place fashioned after our own blindness or ignorance of the true creative and eternally active life principle. Man limits himself, there is no creator outside of mind who does it and if we are prone to think death and really want to die, why we can manage to get out of this world some way. But that the man who really desires to live "can if he will cultivate a "will" strong enough to overcome a lot of "Hoodoo" race beliefs, nonsensical things about a personal God, the Devil, evil, sin, sickness, etc. etc. for we are subject as heretofore stated to whatever we believe in, and if we choose to remain ignorant of the truth thinking "Hell", "Devil", "Evil", "Sin", "sickness, etc. why we will act out these suggestions and have trouble. You must positively refuse to believe the hobgoblin stories of men long passed out that were *to ignorant to live* or they might have been with us today. "But they were good", you say, and have gone to heaven. "That is to be proven. Life is immortal and we cannot live at will, here and now, if we have the "will" so fully developed that nothing negates it, and what (pray tell is there to negate it)?. All thinking persons should know the truth and then manifest it.

MIND IS SUPREME.

Mind is the divinity in man and thought is its nobler force. To it all things submit and by it all things are handled, moved and subdued, by it man holds his supremacy over all, the great ocean serves him, the beasts of the field serve him and acknowledge him Lord, the fowls of the air sing him praise, the earth responds to his touch, the heavens smile and the stars wink their recognition. A whole universe do him honor and all nature surrenders utilities to his command. He has but to asked, to receive and seek, to find, and in seeking, he is beginning to find out that, without, his body is his, and that it is the temple in which the spirit of God dwelleth, also that its members are influenced by his thoughts, and responsive to his will, that all the forces and possibilities of his being are amenable to his decided intent and Suggestion, that he can sink or swim, survive or perish, that he can be cheerful and happy or despondent and miserable, that by indulging in sickly thoughts he can be sick, or by intently using well thoughts he can be well, in short, that the power of thought is stronger than anything else over both body and mind, that it is the power of the spirit that dwelleth in man, and when fully understood and right used, may drive out all fear and weakness, and make strong and impregnable the grand temple, and rejoice its occupant with the lights of heaven. Take care of your thoughts, oh man! for in them is your deliverance and safety, your redemption and glory.

FUTURITY.

The past and the future today, the ever-present "now" expressed, and in expression making the "now" the all important time, for, the now projected forms the morrow, and the past is this day expressed. What else could it be? As to events, circumstances, etc. etc. they are the orderly expressions of the infinite and infallible law, that law of power, mind, that is Spirit. We look and perceive a panorama of events, they happen 'tis said yes, but not without omnipotence behind it or them. A thing to happen must have life, principle or power behind it, in order that movement or action could be made possible. Take stones moving from the cliff or rocks that grow and change their bearings, can we not perceive a life principle in nature causing whatever change they make. Call it attraction, cohesion, repulsion, or by any possible name, it is force, much or great. And whatever occurs is the result of invisible law at work in the atoms, people and things, even what.



This illustrates teeth extracting while in Hypnosis, complete anaesthesia being present.

we call "Death" is the result of unerring law, yet we can so manipulate such potency as to overcome death.

Let us reason, first, observe life, what is it? Infinite law in motion. Thus expressing what we term God made manifest. Suppose we are feeble, is not God (the law) expressed? Yea, but rather negatively. Suppose we breathe so feebly that the body is hardly active under the physical eye, is the law still? Does God (in law) cease to exist? No! What of actual cessation of bodily functions? Is the law (God) still extant? Where is it and what is it? Reason says, "It is the omnipresent, omnipotent force, energy and power of the universe which man feebly expresses, and according to his intelligent perception of the principle of being. If a man die the body cease to be active. What then? Is the principle we call God, Life, Energy, etc. nonest? No! It is still here and active. But what of the body, friend and student, here is the problem that has puzzled the brain of all you can solve it. To do so let us begin with self or our personal consciousness of the omnific law. We can go further in creation, than this, recognizing our origin at the "vital spark" in the generic atom or seed of man and futher, as a principle may we not have always existed in the universal mind, (God) or substance? Had we ever a possible beginning? No! as the life priciple manifest we always were, but as an expressed image or entity our experience practically began when our parents conceived the idea of child. In their mind we first originated as the thought and we were drawn into visible expression, "through such organs of the body as it was determined were made for creative purposes. Think well of this, we will repeat the concept, viz. first as a living entity, may we not have always existed within the universal mind as a substance or which it seems quite impossible to form a satisfactory picture or to get a definite conception or conclusion because we have nothing to compare it with. Second, admitting for a reasonable starting point that in general creation there was a beginning, which would signify life, were we as a "Vital" principle or "entity" not infinitely associated, inseperable, because a part of the great whole, or that omnific power and element, substance, etc, in manifestation. (It) definitely speaking? If not involved in that "first cause" or in any way connected with it, how came we to be manifest later as an indirect product of such source, etc.? Who or what are we if not in principle or nature this "Primitive substance", element or power, and from whence are we come?, Is it not time that "I am" the omnipotents and eternal ego (that ever was) in manifestation? Is not what man terms "God and I identical? Is there God and man or is it God-man, with man but a term applied to this never beginning nor ending omnipresent all knowing substance? Is not man the "almighty" in its highest manifestation and is he less than the infinite, with power to do all things as fast as he recognizes his supreme birth, hence infinite potency? You cannot conceive of any possibility of a distinction between God and man save in name, for beholding power where you will it is identical to all that man expresses, differing not in quality, but in degree, let us reason from first cause to effect and then we find ourselves this omnific principle manifest, and we are "It" if it is possible to be anything, for as the beginning and the end. The Alpha and Omega, what we call God is "It" and we are that principle or the beginning and the end made manifest. Here is a fact, whosoever assumes other relations to the infinite than those set forth above meets with harmony, simply because the position he should assume is not accepted, is not recognized, he has gone off after false Gods, and thus he acts in accordance with what is called incipient belief, he says "There is God and Here am I." He seeks to account for some kind of relationship to or with God, and failing and falling short of the ripened idea of self, he must express self in just the limited measure he believes in self. He does not (intuitively) like the statement made concerning self but he has to accept them, because of his inability to "stand up" for self through his ignorance. To some have come however the higher concept of self and these act more in accord with the good, possessing love charity,

(which is love Personified,) greater intelligence, hence power and mental creativeness. Our aches and pains portray incipient knowledge of self, our poverty indicates ignorance of the power we possess in latency, and if we anticipate wealth and happiness our infinite and all potent nature must be developed. But to return to our primary being suppose we start from that point of creation with which we are most familiar, a child is born, came forth as the assembled virtue and creative substance of the parents, in it we see their image and likeness, we realize that in it is the two parents embodied in one blended result, it is both Father and Mother made manifest, should we reason farther we shall be brought back to "Mind" or as some call it "Spirit" as the source of being, finding that what we term physical, (as the child) in form is really "Mind", Thought or "Spirit" expressed, that is, pressed out or made manifest, the formless being formed. These words add nothing to the meaning as we see the child as it daily develops, endowed with the power of thought, reason, motion, etc. like its parents. The body seems to be a sort of vehicle for the expression of thought, a medium through which the material forces play and we must give a scientific reason for its existence. What relation it has to mind still it cannot be. It was generated and is thought expressed, and in turn it became the "generator" or "thinking machine" and thus the active or life principle (thought) is kept manifesting, we think and we are, and through thought we are able to manifest other thinkers, and this constitutes the inevitable plan and law of existence. It is thought, and in accordance with the simple statement. "All is mind" the thing (thought) created becomes the thinking thinker, the creator, and so the eternal life principle is forever and ever made manifest. As we carry out the ideas of self and those parently incorporated, we find queer physical expressions, life in most cases representing a routine of work or action mapped out by parent and general lineage, from child to parent and back to the first man and woman that were ever known. A path, a truth, well worn by all that have lived before us, seems to be the scope of our existence until some fellow stumbles upon truth, when if not *too much frightened at his discovery* he gets up on the bank or the higher plain of reason and branches out a little further in it (common sense) striking something agreeable and daring (perhaps) to walk alone, he begins to favor the change, saying to himself "This is good and I will lead out, "I", rather like it and I guess I will not go back into the old trail, though friends and parents beckon to him say at the same time "Come back! Come back! you are lost"; they may even shout at him, but he heeds them not, he goes on and if well balanced mentally, he laughs and feels like remarking, whether he expresses it orally or not. "Good bye! Joe has enough of that kind of fearful, unpleasant life, if you want to, you can stay in the old road, I have found something better and prefer to stay here to going back with 'you! This is individualization. One man at least has dared to think for himself and regardless of the cost to him. He has discovered his bondage in the old line of thought and now he rightfully says, "Hands off, I have a right to think for myself and I will. "Others may follow his example and soon (be not surprised) if quite an army of new thinkers arise and make their appearance from his example. Men and women who dare reason by their solid and improved position must, in turn, all leave the old primitive "Con path" of ignorance, which means unbelief, any belief not involving self as omnipotent and which does show forth in disease and disaster, soon, for man rules the universe (his personal world) if he will, creating by the power of mind every condition this line of thought positively forces them out of this condition, suffered or enjoyed. And that which happens tomorrow was projected to today, yesterday is the now manifest or expressed, we can not be conceived of that which is not and until the now, we cannot have a to-morrow, nor can we realize the past. Hence shall we not live in the present, the best we know how, asking this day or for all that we need and

demanding it until we get it, and thus making this day all there is of life? This is not what is termed "laying up for a rainy day" perhaps you will say, nor living with long foresight. But think it over, read it over again, then if you can find an act that lays more by for the rainy day or contains more foresight you have found something not now known to mankind and very valuable.

MIND.

The word is not truly defined anywhere we may search, for it has not been properly understood and therefore has been undefinable, many have thought that it referred to mortality or at the most, to the purely intellectual faculties but in truth it is the spirit of God, of which man is a perfect manifestation. Born of it, he must be like it. Yea, identical with it, and if we attempt to define mind we can only express our belief of it as the omnipresent, universal life principle in which all things subsist. Yes it is omniscient and also omnipotent and this accounts for the intelligence of man, who is the image and the likeness of God, that is infinite mind or being. God is mind (or spirit), hence a man must be a mental creature. All mind, just like the source from which he sprung and is to-day omnipotent because of his infinite parentage. The word "mind" is man made, human coined, and in its completest significance is synonymous with spirit. Although there may be distinctions permitted, which however, do not conflict with the thought of oneness. Spirit in turn has reference to substance in which inheres the property of self-existence, having independent power of thinking, knowing, acting, being, and we, as conscious entities think, know, act, will, be and are live and identical with the substance from which we were expressed,—(expressed), pressed out into manifestation, thus infinite mind expressed, that it, made manifest, is creation and it is good. Then to be, is to be good (or God) and there is no other being, for God is good. We simply must be good. It is not a matter of choice but one of pure reason, divine compulsion and the sense of the Godliness or goodness we manifest will be the measure of our realization of that condition, you must be good (God) or make another Creator and then be it or him. To be good is to occupy a high position and yet more so when we can understandingly say "I am good because I am good, (God)." And when we have fully awakened from our ancestral slumber, we shall see how to be and then we will be very good (the very God himself) indeed. Man is God, made in his image and likeness and with the very breath of life imparted to him by personal contact from God himself, if he can see it, happy for him. If not now he will after suffering a little longer from race delusion and social insanity. But there is no insanity in being good, (God) but a "grit," of foolishness for us to battle with until we do see ourselves in our true being and light.

We observe about us an etherialized substance, just as real to the spiritual preceptions as an ordinary object is to the eyes of flesh or the sense of touch and we manipulate through thought force this finer plastic element, which is real and enduring, capable of being molded into what ever and whatsoever form we may desire.

This may be somewhat mystical to the uninitiated, but it is well known to those who may be called the regenerated. How we long to see all mankind born into the realm of mind (spirit) where there is peace, happiness, health, plenty, with perfect harmony. Will you join us and partake of this royal feast? Come with us, remove from thy feet the wooden sandals of heavy understanding, cast off, thy materialistic clothing in the form of belief in matter and come with us. Then you may behold the new worlds glories, you will be in the old world but not of it, you will dwell on high where pure reason says "There is no Disease, Poverty, Evil, Sin, Sickness or Death," "There is no devil, no destroyer of thy peace, no nothing but the all good," and here let us stay. We are immortal, then why believe in limitation, all is infinite, not out of the infinite, but infinite, through which and with which as well as in which we are able to demonstrate our position and belief, or thought, thereby proving all things. Man is supreme and he should know it and the sooner he realizes it the better for him. This is the message of mental science to us to-day, and to teach it is the mission of all scientists who love the truth, to-day.

ALL IS MIND,
"Thought the master builder."

Whatever is realized as a physical condition is the expression of some thought. If our thoughts are based upon exact truth they will be harmonious and demonstratable in health and strength, farther in just the measure they are right, according to truth, will they be found attractive and healthful as well as profitable. Magnet-like our good, positive thought attracts, while the negative or so called evil thought repels. Our best thoughts have a life, and health creating value that can never be estimated, only as we dispel all thoughts of evil, doubt and fear, the fear thoughts are much the worst thoughts we can retain, dismiss them at once.

Within the minds of men are many hidden possibilities that stand for changed conditions, and success, as truly as wood, coal, kerosene, etc., have within them the principle of light and heat. We observe coal, wood and kerosene, hardly realizing their value until a cold day and darkness comes, when we perceive their worth. Within the ground, in certain localities, can be found Gold and Silver, within the water of the ocean a certain percentage of Gold has been discovered. Discoveries of some kind are being made all of the time on the physical basis but within the mind are undeveloped powers and good qualities that exceed any physical discoveries yet made. Man is a compendium of all that is good and true and to manifest his God-likeness and power must develop his natural mental faculties. We must know the absolute "truth of being" then we will unfold, our aspirations will be greater and with unnumbered possibilities. The "will" and the "desire must be cultivated to such a degree that whatever you demand will come to pass, your desire should be expressed in physical manifestation, after its own kind, for the will acts as an irresistible power in favor of your Desire. For instance: We desire a thing and the will says "all right" I will see that your desire comes to pass go to work with such force believing in its positive demonstration and absolute success that nothing can resist you and success is certain. Comparatively few have developed the will into a masterly function of mind, it being latent within all and ready to do our bidding when developed, but all may develop the will into this masterly mental function any time. All power lies in the mind. Develop it, every art, invention and science lies in the mind awaiting our development. All of the discoveries of Thomas A. Edison were first in mind, then expressed as thought, McCormick the great inventor, Bell (of telephone fame) Singer, Elias Howe and all other famous inventors all thought out their plans and expressed them as ideas, which put to practical test proved valuable. There are great possibilities to-day in your mind that has ever been developed by others, no one has as yet touched the infinite possibilities offered, the mind is a store-house of untold wealth and power, we have simply not unfolded its latent possibilities. We do not understand our infinite nature, therefore we are, through our ignorance and undeveloped conditions limited to feeble mental demonstrations. Will we go on forever thus half expressing ourselves? No! As we understand the contents of our mind and make use thereof we will rise up to the dignity of intelligence we possess, then we will set to work upon these latent possibilities of mental nature, developing them to practical use. Ideas rich and rare often come to mankind, but through neglect, postponement, etc., they are never carried out nor demonstrated, the force of thought is lost, then we wonder why an opportunity was never given to us to invent or to discover something, and we grieve if poor or because we have not what we want to make our life and surroundings as comfortable as they might be. It is all our fault. Had we paid attention to our thought when it came to us we would occupy a different position and condition. Every man that ever lived at some time during his life has been moved to act upon suggestions that came to him which had he perfected and manifested them might have made him a much better condition in life, at least these suggestions that come and go will surely lead to higher ideas, and out of these will be born something of inestimable value. Why not? All other things in this life have come this way.

Others are continually inventing and discovering different things and you are created exactly as they are in original essence and power. They have simply evolved further, mentally, than you have, but the seed of all infinite possibility lies deep within you waiting its development. Develop it at once and you will be the gamer thereby. Watch the ideas that come and go, putting some of them, if not all of them, into practical utility and see if you are not prospectively, at least, a genius or a greater inventor. You will find that all mankind are in just the measure their latent mind or mental forces are developed. You often see in children the inventive and creative spirit before they can talk. They want to build something, do something, in which their little creative minds are expanded, and as they grow up and are allowed to develop mentally, encouraged in their play and art, we see them manifest a greater spirit of invention and creative talent. Encourage your children to develop their mental faculties in this direction, get them to be active and never discourage their expression of their thought. We are mighty in creative genius, but many of us do not perceive it, therefore we go on with little fame and less money, whereas, did we develop these ideas that so often come to us we might have anything we desire, and our children are embryo ourselves, with similar thoughts and conditions expressed in their embryo conditions to the best of their ability and understanding, the same as the older and more adult manifest and express themselves. Study yourself, dig deeply within the folds of your infinite nature your mind, and see what you have therein. There is wealth and health there, and if you need either take possession of it at once. You will find these represented in positive ideas of the good, and as you vigorously develop them there will come to your consciousness whatever you need to make you happy. Then you must demonstrate it, manifest it, and then put it to some good use, and you will reap the reward of your labor to the same extent that you demonstrate your good thoughts. Develop your mental mine of wealth, health or happiness, this is the point. Practice it, many ideas strike you in the middle of the night perhaps, get up and jot down your thought, lest it get away from you, as the cares of a day approach when daylight shall appear. You can develop these thoughts when you are awake at any time. Act upon these latent suggestions that come to you, no matter where you are. They are the "will" within, they come from the voice of "your intuition" or your higher reason seeking expression, and if you neglect them a poorhouse may be the result. You do not know but one thing is certain. Within the mind are all things and pure reason will develop them, providing you will let it. We are pretty well enveloped in the idea of I "can't" do anything, instead of "I can" and "I will." The first, "I can't," belongs to your sense perception or your primitive mind, while "I can" and "I will" belong to pure reason, for it sees its possibilities and determinedly improves them. It simply won't be downed, and it truly "gets there." The principle of all demonstration lies within and waits our recognition where all things are made possible. You are not to keep the idea of money too closely in hand, just think of the doing and the being. This brings wealth. Expand the mind, make it more positive, when its attractive and magnetic power will be felt, and you will have little trouble to get whatsoever you desire. It is the nature of the will to fulfill desire and it will do it. You have but to think right in order to have right environments and things to do with, and if burdened with poverty and disease, these prove that you are thinking a poor quality of thought or you are undeveloped as a thinker and your healthy and wealthy thought resource lies in the fact of thinking better thoughts. The quality of your thought positively decides this matter of your health and your wealth, it has also everything to do with your happiness, for if you think incipient, untruthful thoughts you can depend upon inharmony every time, you will have trouble, you will meet with losses, misfortune, accidents, etc., and circumstances of an unpleasant and hopeless nature, and condemnation and pain follow. But the moment you think rightly they are gone. You will suffer as long as you tenaciously cling to wrong thoughts, because it is creative and make your physical condition and environments. As the within, so the without, for thoughts are demonstrated in physical expression, the body showing forth every thought, its kind and quality. You can make a veritable hell or heaven here upon earth and

right now. It also lies in your power to overcome every environment, through right thinking, for as we think we are. This holds good in everything. We have either perverted the truth or do not know it, if things are not as we desire them to be, in either case we must suffer from the false idea, and this false idea must manifest itself in false, that is, inharmonious conditions in which disease and poverty figure, as long as we retain it in our minds. We are to know the truth, then freedom will come and that truth is this. In the supreme sense of being "we are infinite," just what God is in substance, for of it we are all born and in it we live, move and have our beings (Acts xvii-28). The chicken lives in the egg before it is hatched in the same way. Compare, for illustration, our beginning of life with the chicken. The little feathered beauty lies embryotically in the fertile egg waiting a physical development or expression. We live in God (substance) in like manner waiting expression (pressing out), and as we are expressed from God, made in His own image and likeness, we must in substance, energy and power be like Him. We cannot differ in essence from our Creator, because we are such creator expressed (pressed out) just as the chicken hatched out is the egg expressed (pressed out), and this is the essence of the fertile egg, previous to incubation, is the same after all. It must have all been in the fertile egg, feathers, feet, etc., before hatching and is like the unhatched egg in element, though differing in form, and our case is the same. For instance, God is love, intelligence, grandeur, truth, opulence, health, energy, force, etc., and these qualities are observed in us. We have a visible (physical) form and it embodies all of the infinite qualities, yes, even more. We have not yet discovered our infinite nature in full, and as the idea of matter and physical law disappears, as something separate and apart from the mind, we express more and more of the immaterial (God or mind). We then become God, the divine power and element of the universe manifest and personified, just as the chicken becomes the egg manifest, and while in the fertile egg as it is originally we do not see the chicken, but it is there in embryo, so with us in God, substance, we are in embryo and to be expressed, just as the chicken partakes of all the egg qualities, so we possess all the God qualities or elements of the creative principle. Blindness to this fact makes us express inferior thought which we in turn manifest in physical conditions of ill-health, etc. It cannot be otherwise, for as we think we are, and our thoughts can be attractive or repellant, and thus draw to us health and wealth, or the reverse. We must develop our latent mental qualities, when we shall become as healthful and opulent as we desire to by this practice of and manifestation of the right thought. Man is an embodiment of all the good there is, in truth a veritable success, and as he full awakens to the truth of being, he sees this and manifests health and any other conditions he desires. Give this a very careful study, read it over every night and morning, lay aside your cynicisms and become what you desire to be by studying and practicing the right line of thought. If at any time you desire any assistance from us, write to us therefor and we will cheerfully furnish it for you. When you have studied for a time let us hear from you, telling us how you get along and what you think of our instructions.

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PERSONAL MAGNETISM.

PREFACE.

PERSONAL MAGNETISM. These are two very descriptive words, no two words in the language say less and mean more. So much being involved in these two words it will be an utter impossibility to convey their full meaning to the student, at a glance, it will therefore be necessary for the student to study and think, then to personalize and personify his thought.

Personal Magnetism is the science or art of so completely filling ourselves with magnetism and then personifying it, that we become many times stronger in our acts and words than the average person.

While many pretend to teach personal magnetism, you will find if you investigate their plan of teaching it, that they simply teach you hypnotism, and then give you in addition thereto, a few incidentals or ideas or rules of practice, which they claim will make you both powerful and irresistible, yes, very much so, if you believe what they say, but, after purchasing and studying their system for the cultivation of personal magnetism and becoming as proficient therein as possible and also adding thereto a full and proficient knowledge of hypnotism, and mesmerism, you will find that you are still very, very far from being personally magnetic, in fact, you will not have learned anything about real personal magnetism from such studies.

In order to become personally magnetic, you must learn to think right and you must become healthy in every sense, you must also eliminate all nervous and muscular defects from your system. You must also stop all nervous leakages, thereby storing up in you a large quantity of neuro-vital fluid for such use, as you may desire to make. By this process you will, with, right thinking and right acting become personally magnetic to such a degree that you may command and produce any desired condition within reason. Hypnotism as an aid to the cultivation of personal magnetism is indeed invaluable, but that it will teach any person how to become personally magnetic is absurd. Personal magnetism is a product of thought power supported and strengthened by neuro-muscular power, the combining together and blending producing the much desired condition. There are many exceedingly proficient practitioners of hypnotism that are almost entirely without personal magnetism, at least to such a degree as to be of any service to them, many of the leading teachers of hypnotism, in America, today, who have made large sums of money from teaching the science of hypnotism, Mesmerism, etc., have no personal magnetism that they are able to use. There are many reasons therefore, the main reason being that they have found that a knowledge of hypnotism,

mesmerism, etc., does not contain also the necessary information you must procure to become **personally magnetic**. A purchase and study of their courses of lessons will soon convince you of the truthfulness of this statement or, if you will take the time to call upon and converse with them wherever you may find them, you will find them almost entirely without personal magnetism. Some of them so fully realize this position that they are not to be seen by persons seeking an interview with them, unless first satisfied that the person will not reveal their utter lack of ability along the very line they pretend to teach. We shall furnish you herein a series of lessons and rules of conduct that will cultivate personal magnetism within you **positively**, both by stopping your nerve waste and thereby storing up within you an unusual degree of nervo-muscular power as well as teaching you how to think rightly that you may unite the effort of both body and mind (with the mind in full control, of all the functions, and processes,) to the extent you may cultivate it. If you will carefully read and study and practice these exercises, and lessons and mental operations, you will feel the personal magnetism growing within you, daily. We do not claim to have originated this line of cultivation, that claim by anyone is preposterous, we simply compile and arrange the system for your education. That it is far superior to any on the market today, is unquestionable. It is a manipulation of what is as old as the world, and has been practised and made use of by the most magnetic men and women we have ever known and whose names are still on every tongue, and are household words. The first man who made any extensive use of personal magnetism, at least to a sufficient degree to attract attention, to him, and to hold such fame as he acquired therefrom, for many years was **MOSES**, and his fame as a leader was fully acknowledged and still is as brilliant today as it ever was. No other person has exceeded him in this respect. We may use his life as an example for our growth. We turn from **Moses to Christ**, who made an impression that superseded **Moses'** for the time being, but **Moses and Christ** have kept together in the eye of the world since. The first one as the law maker and giver of the old and the second one as the law maker and giver of the new dispensation. It is therefore an indefinite quantity as to which was the greater leader of his time.

These exhibitions of personal magnetism are well known to most men, they represent a condition without a parallel, you may make a careful study of their lives with much personal profit. We advise our students to make a careful study of hypnotism, magnetic healing, suggestive therapeutics, clairvoyance, telepathy, and mental science, with their studies of personal magnetism, as it makes them understand the inside of the sciences as they really exist, and no one will be as proficient who has only learned or studied a part of a science as will a person who has read and digested and made a careful study and practice of a science from one end to the other, we therefore advise you that it will be to your interest to purchase our line of studies along the lines above enumerated, and make a careful study thereof, in connection with this course of lessons on personal magnetism, that you will do so and thereby become personally magnetic, second to no one on earth to day if you never approximate to the condition manifested by the two celebrated leaders mentioned above, is the wish and earnest hope of the

AUTHOR.

PERSONAL MAGNETISM.

We are to know the truth, then manifest it, in our lives, and we will soon become magnetic to the degree we desire, if we assist it in its growth by becoming well and strong and healthy.

The truth is that in the supreme sense of being, WE ARE INFINITE. Just what God is in substance, for of it we are all born and in it we live, move and have our being. Acts, XVII-28. We must know this fact, this truth of being, there must be no question in our minds about it, WE MUST KNOW IT, we repeat it. What is it to know a thing? It is to believe it, to realize it, to act upon it, to manifest it, this you must do or you will never reach the goal of your ambition. There must be no haggling about names, personal or otherwise, the name is immaterial, THE CONDITIONS ARE REAL, you may know it, you may feel it, you may realize it, you may manifest it, push on to the goal of your ambition, no creed, no dogma, no name, call it what you will, YOU ARE INFINITE, you are of the essence of God, you are made in his image, and likeness, you possess the breath of life, you may call it nature, you may call it by any name you will, you may accept it according to the doctrine and creed of any church, you may prefer, or you may accept it according to the dictates of your own conscience, without worldly or church bias, it is immaterial, accept the thought, assimilate it, personify it, manifest it, make your life and your thought in accordance with it, you will reap the reward of your effort, here and now. You will never shake off the fetters that now burden you, unless you fully realize this truth of being and manifest it.

RULES FOR STOPPING NERVE WASTE, OR LEAKAGE.

Take a seat in a chair, make yourself comfortable, look directly at a given spot on the wall opposite you, exert your full force to keep perfectly still all over, no movement of the hands, arms, feet, legs, head, body, make your breathing deep and rhythmical, the only movement allowed is the raise and fall of the chest and abdomen, caused by the breathing. You will find this rather difficult at first but if you begin to practice, by keeping still for five seconds at a time, until you can do it easily, then increasing the time to ten seconds, and thus increasing five seconds at a time, until you are able to sit still for fifteen minutes to half an hour, at a sitting, you will gradually become capable of sitting for hours without a movement of the body, head, or legs, hands, arms and feet, this will prevent any loss of nerve power unnaturally, and this will cause you to accumulate a considerable degree of nervo-electrical muscular power which you may make good use of when you desire to.

BREATHING.

Take a position before an open window, and with the mouth closed, take in through the nostrils as much air as you are able to inhale, hold this air until you are forced to exhale it, then exhale it very slowly, keeping the exhalation continuously under your mental control. This will teach you mental control, one of the most important lines of education for all. You will also purify your blood thoroughly by the natural process of fresh air, which is the only natural and serviceable blood purifier known to mankind. You may think that you have been breathing from the time you were born and that to be told to breathe is unnecessary, and abnormal, but if you will practice the above breathing exercise every night and morning, not less than fifteen minutes and more, if you have the time to spare, you will soon see its advantage to you in increased magnetism contained in your nerves and in your blood, and you will know it is there by your feelings.

Practice breathing and sitting still until you feel you are a new man and while doing this practice the following. Everything you eat, or drink, make a mental note of it, and decide in your mind that it shall go to some particular spot and for some particular purpose.

Continue along this line of mental domination, until your every act is complete in itself, and you have a purpose in every move, you will grow faster than you realize, and you will soon feel the fires of magnetism controlling your every act, then practice speaking in a low, forceful, yet persuasive tone, enunciate clearly and distinctly every word you utter, think before you speak, say what you think, mean what you say, and when you have said it, stop, and let your words have their effect, on your auditors. Look straight at the person you are speaking to, look him or her directly in the eye, remember that the eye is the window of the soul, and that the person who is looking into your eyes sees what you are thinking about in your eyes, and way down into your soul and that you cannot fool him, unless you make an intentional effort to deceive him, practice telepathy and telepathic suggestion upon your auditors all the time and you will grow stronger mentally every day, and you will persuade many to do as you will them to do, or as you desire, when you would be unable to do anything with them without this abnormal exercise of your will telepathically conveyed to them.

MENTAL CONTROL OF NERVE FORCE.

Stand in your room near an open window, take a pencil of ordinary length, and hold it with the thumb and index finger of the right hand, by one end, at arms length, off from the body, on a line with the eye, endeavor to hold this pencil perfectly still, keep it from trembling as much as possible. At first you may be unable to hold it perfectly still, but as you gradually practice you will grow strength, and control, of your nerves, by the operation of your mental powers, until you can hold the pencil perfectly still. This will teach you mental control, or dominion, and nerve regulation, that will materially assist you in mastering your body, with your mind, which should be the controlling power in you, at all times.

You will notice that this calisthenic will also teach you how to look straight at an object for

any length of time, without winking. You should practice this every night and morning, without fail, begin by trying to hold the pencil perfectly still for five seconds. When you are able to do this, you may try it for ten seconds at a time, then try to hold it for fifteen seconds at a time, and continue to increase the time limit five seconds at a time, as you progress, until you can hold the pencil for a minute or more at a time, without shaking.

When you are able to hold the pencil at will try moving the arm in a circle, fully extended, from right to left, for a minute, then from left to right, for one minute, then rest for five minutes. Then try again, in both directions, then rest again, you may try this with both hands and arms, one after the other, until you are able to perform it without fatigue in either arm from the calisthenic. While you are practicing the above exercises you may try this as an offset to the others.

Stand on the right foot, resting on the ball of the foot, with the left foot clear of the floor, swing the left foot and leg front and back then around to the right, then around to the left, occupy thirty seconds in each part of this exercise, called the swinging exercise, if you are too weak to stand thirty seconds in the beginning try it for five, ten, or fifteen seconds at a time, gradually approximating to thirty seconds when you are able. When you can do this exercise for thirty seconds, without feeling the fatigue very much, then try to do it for one minute at a time, this will cause you to grow very strong in your feet and legs.

And you will feel much improved in health and strength therefor. While practicing all the above exercises do not fail to breathe full, deep breaths, commencing to breathe in as you begin the exercises, holding the breath while you are performing the exercise, and exhaling the breath as you are finishing the last part of the exercise, make your exercising in three parts, and breathe with each part as follows: While performing the first part, draw in the breath, and breathe with required by the first part or consumed by the first part, of the exercise, then hold the breath while you are performing the second part of the exercise, then exhale the breath while you are performing the third part of the exercise, when you are on the street fix your attention on a sign located some distance from you and do not take your eyes off of the sign until you are very near to it, this will teach you concentration, of ideas and purposes, take an occasional few minutes from your work or sport and spend it in the practice of the following exercise. Make yourself comfortable, either sitting or standing, but if you practice sitting one day practice standing the next day, you should occupy not less than ten minutes and may if you can spare the time, devote twenty, thirty, forty or fifty minutes, yes, even an hour, of sixty minutes, spent in this exercise will do you much good. If you will practice each morning before you leave home to go to your business, you will feel the benefits of the exercise and the practice of it all day. The exercise is as follows: Take the word CON-CEN-TRA-TION, concentration, and dividing it as follows, Con-Cen-Tra-Tion-, keep each syllable separately and yet together, in the mind, holding the whole word intact, in your mentality.

Try to think of nothing but this word, divided, then connected, gradually force every other thought from your mind, until you can think of this word in the two ways described above, conclusively, this will teach you many things, among which are singleness of thought, and extension, upon that thought, to the utter exclusion of all other thoughts. Upon all other things. You will feel your growth in a very few days, and you would not stop after you once experience the benefits of this exercise, for anything.

Practice this daily without fail, you will grow faster than you realize, therefrom. Having given necessary exercises for your proper development in the right channel we will now instruct you in the right line of thought that you may accompany the growth of your bodily vigor, with a corresponding degree of mental growth.



This illustrates a student causing several subjects to pass into Hypnosis, while sitting down dressed for the street. ;

When you will soon become personally magnetic, to the degree you may desire to. Remember that your growth is determined by your practicing, and if you do not practice you will soon lose what growth you have acquired. After you have secured a full growth, you will be able to keep it much easier than you procured it, but you will experience so much benefit from the growth that you will keep it up after having once acquired it, from choice.

The exercising which at first may seem more or less irksome, and laborious, will gradually become pleasant and agreeable to you and you will find that it will become second nature to you or automatic instead of laborious as in the beginning.

You must eat more or less and sleep more or less every day to retain your health and strength, and while you are doing this, you are forced to breathe continuously, therefore, it will not overburden you, if you add thereto a few incidental exercises like those we give you herein, when they will produce in you such a desirable change, coupled with so much benefit and power, as you will be able to receive from their continued use. We have additional instructions which we furnish our students for a very inconsiderable small sum of money, which will materially help you or them, after they have begun the practice of the exercises and rules of conduct as set forth herein. All men who have attained more or less prominence in life's battle, have been able to concentrate their force upon one thing at a time, and as the result they have reaped the benefit of such concentration. They are able also to control their personality, their personal ability, and magnetic capability, which made use of by them has placed them in the foreground, in this world, and numbered them among the successful men, who made their presence felt in some one of the several lines that are followed by men. Singleness of purpose and ideas is an absolute necessity for all who desire to become leaders among men, look carefully over the lives of those who have risen from the ranks at any time in the world's history and you will notice their most remarkable quality is their ability to completely, fully and determinedly hold to such purpose as they may make the main stay of their lives. Such men as Grant, Garfield, McKinley, Roberts, Kruger, Roosevelt, and Ingersoll, as well as many whose names will recur to you if not mentioned herein, together within Pullman, Edison, Rockefeller, Sage, and others including Astor, Vanderbilt, Gould, etc. men who have set their hearts, mind and time upon the getting together or accumulation of money, or other things show you by their singleness of purpose that they did not accomplish their ends with the use of hypnotism alone, although they may have made use thereof more or less. But by concentrating the whole thought, time and ability, upon the one single thing or object, they had in mind as their ideal. Likewise Christ and Moses as well as many others, it is not necessary to mention here, as you will be able to readily recall their names and acquirements, made their impress upon man and the time in which they lived by devoting their thought and in fact their whole life, to the accomplishment of their leading purpose. We call your attention to these historical facts, that you may do likewise, and in copying from them their leading, moving, motives and principles, you will be making use of the one thing necessary to produce the desired object, you wish personally to acquire. Your mental condition, your thought, the state and condition of your mind, will have much to do with your growth in personal magnetism, and you must learn to think right, or you will be much hampered in your upward progress. All power is from the within, and you must think right, from within, or your power will be limited in just the measure you fail to think right.

We must evolve, not involute, everything grows outward not inward. You must be right within, then you may be right without, from the use of this power. Your outward manifestation is the evidence of your inward condition, and every man shows what he thinks by his outward manifestations. You must obliterate the race beliefs which are based upon untruths, and coming

to a knowledge of the truth, manifest it, then you will soon realize and be able to personify the truth in your life. Remember that you are a living, loving will, that you can do all that any other person ever did, with proper preparation and care, you are a divine spirit with all of its living, moving, active principles. You are omnipotent, unconquerable, inexhaustible, invincible, all-potent spirit, the very essence of God, made in his image, and likeness, with the breath of life within you, given you by the Creator himself, and it is your duty to manifest this fact in your daily life. You must take the omnipotent, fearless and opulent attitude and manifest it, daily, and you will understand your birthright, and that that you may be what you will yourself to be. With a clear understanding of all that it embodies.

You must not assume anything less than this, for if you do you underestimate yourself and belittling yourself will harass and annoy you as well as prevent your growth in life. Realize the truth of being, then live it, personify it, in your daily life, manifest it, at all times, and your growth will be phenomenal. Do not be a machine, an automaton, a graphophone, for anyone, think for yourself, Be ye wise as a serpent: harmless as a dove: stronger than fate: fearless as an archangel: loving as Jesus: and strong as Jehovah, The past and the future are today, the ever-present NOW personified. And in expression making the NOW the all-important time. The NOW projected forms the morrow, and the past is this day expressed. All events or circumstances are the orderly expression of an infinite and an infallible law, MIND, SPIRIT. Anything to happen must have a life, principle or power behind it, in that movement or action may be made possible. Whatever occurs is the result of invisible law at work, in atoms, people and things. What we call death is the result of unerring law, and we must feebly or freely express this power, this law, according to our intelligent perception of the principle of being. Man is the almighty in its highest manifestation, and is no less than the infinite, with power to do all things as fast as he recognizes his supreme birth, and infinite potency. The body is a vehicle for the expression of thought, a medium through which immaterial forces play, and while appearing to be separate from mind, it cannot be, it was generated from mind, and in time becomes the generator, thus by our thought we are kept generating. We think and we are, and through our thoughts we are able to manifest on other thinkers, this constitutes the inevitable law or plan of existence, ALL IS MIND, the thing thought becomes the thinker, the creator. So the eternal life principle is forever and ever manifesting itself. Men and Women who dare reason and by their solid and improved position develop therefrom, will soon leave the old path of misunderstanding and ignorance, which is really unbelief, for man rules the universe, (his world) creating by the power of his mind every condition suffered or enjoyed. The happenings of to-morrow are the thoughts projected from to-day, and yesterday is NOW manifested, until we have the now we cannot have a to-morrow, nor a past, to realize, we must live in the present, the best we know how, asking this day for all that we need, and demanding it until we get it, thus making this day all there of life. When we have the higher concept of life and self, and then act in accordance therewith, we have the good thoughts, and these lead us to possess love, charity, greater intelligence, with strong mental power, and creativeness, when we have aches and pains, we simply portray our incipient knowledge of self, and what we possess in latency. If we think health our infinite and all-potent nature will be developed. The mind is a fount of innumerable possibilities, it is the conscious, vibrating, reasoning, active part of man, we may express each as an individual potency, but the one principle only is really expressed.

That the mind has great power none dare to dispute, and that it has all power, each has to demonstrate for himself, it is a matter of individual growth. We are dependent upon mind for all that we get, you know of nothing that the mind (THOUGHT) did not bring into visible manifestation

You may have thought man a material being, but he is not, all is mind, and a full knowledge of it must prove your salvation.

Man is a purely a mental being, endowed with powers of reason, energy, thought, feeling, emotion, if he thinks right and wills right, he will be right, and happy, if he believes in matter, evil, sin, disease, etc., he will have these to encounter, for man is subject to what he believes in, as a prefixed idea, what men have not done, is no criterion or standard, as to what another man may do, man has always limited himself and as if we continue to think limit we will remain limited, and if we think no limit, we gradually become unlimited, in our manifestation of our thought. For instance: God is Love, Intelligence, Grandeur, Truth, Opulence, Health, Energy, Force, Etc., and all of these qualities are manifested by man. When he fully manifests them as the result of a full belief in them, he becomes the embodiment thereof. As we think, we are, and our thoughts are attractive or repellant, they thus draw to us wealth or poverty, health or disease, WE MUST DEVELOP OUR LATENT MENTAL QUALITIES, then we shall become healthful and opulent.

Man is an embodiment of all the good things there are, and as he freely and fully awakens to the truth of being, he sees this, and then manifests it accordingly.

Mind is the divinity in man, and thought is its master-force, to it all things submit, and by it are all things handled, moved and subdued. By it man holds his supremacy over all, the great ocean serves him, the beasts of the field acknowledge him as their lord, the fowls of the air sing him praise, the earth responds to his touch, the heavens smile and the stars wink their recognition. A universe does him honor, and all nature surrenders its utilities at his command. He has but to ask and he will receive, to seek, and he will find, and when he begins seeking, he begins to find out that withal his body is his, that it is the temple in which the spirit of God dwelleth, and that its members are influenced by his thoughts, responsive to his will and that all of the forces and possibilities of his being are amenable to his being and to his decided intent, and suggestion, and that he can sink or swim, survive or perish, as he wills, that he can be cheerful and happy, or despondent and miserable, that by indulging in sickly thoughts, he can be sick or by intensely using well thoughts he can be well, in short, that the power of thought is stronger than anything or everything else, over both his body and mind, that the power of thought is the power of the spirit, that dwelleth in man, and when fully understood may be used to drive out all fear and all weakness, and make him strong and impregnable, a grand temple of the living God, and which will rejoice its occupant with the lights of heaven.

Take care of your thoughts, oh man! for in them is your deliverance, and your safety, your redemption and your glory. Dr. C. C. A. Greene, speaking on vital energy, its intelligent direction and control, says: "Quiet, physical exercise of the arms, trunk, and legs, with full breathing, is a powerful distributor of the vital energies through the brain, spine, lungs, and digestive organs, in fact, all over the body."

Twenty minutes of such exercise followed by a little rest, before eating in the morning, and repeated just before retiring at night, is an absolute necessity for all men, and women, and helps to establish good habits of deep breathing and excellent sleep. Nothing will so surely bring brain rest and quiet equilibrium. Simple tastes are the much needed things on earth, we all "puff" altogether too much. The ingestion of food at the proper time of eating, should be fully enjoyed, this was kindly planned and it quickens the nervous energies by whose force digestion and assimilation go on.

To be rested mentally and physically before eating, leaves the energies leisure to take up at once the important functions of digestion, a half hour of rest before meals is far better than an hour

of rest after a meal. Quiet, physical employment gives impetus to the chemical changes which convert wholesome food into blood, cheerfully taken for hours together, it is far safer than any sedentary life, however pleasing. Violent physical exercise, absorbing brain vitality, or intense emotion, occurring soon after eating diverts the nerve force from the stomach and its work almost ceases, and fermentation and blood formation ensues. Nervous dyspepsia will ensue, with the strongest man, where the brain worry over business troubles, absorbs the electric power which should go to the work of digestion, and assimilation.

Currents of thought that are helpful and true give grand impulses to the vital energies, thoughts that are base and sad, which mould the brain to their own likeness, slow the heart, and affect the circulation, even to the nerve terminals, there is no man or woman in middle life but owes what he or she may be at that time, quite as much to the wise or unwise habitual direction of his thoughts and energies as to the original inheritance. Every one knows the difficulties of unlearning faulty habits of work, thinking or feeling, life can only be a failure to one who reaches middle life habitually building air castles or living recklessly, instead of doing faithfully each day's work, as a reasonable task. Anger, Fright, Weeping, Violent emotion, and alcoholic stimulants send the nerve force rushing to the head, brain, etc., and the blood follows, this may be repeated until the blood vessels are permanently enlarged, and such action becomes a serious case of chronic head trouble, strong emotions devour the forces of the nervous system more than hard physical labor, even the old Irish woman apprehended this philosophy when she said, "It is the wurra more than the wurrick that kills people." Repeated movements of the vital energy in a given direction, ere long become automatic, or, as the school-boy said, "It goes itself." Make a careful study of this line of thought, and you will soon with reasonable practice become very magnetic. If you desire more information along this line at any time, write to us and we will assist you cheerfully, let us hear from you when you have made some progress telling us how you are progressing and what you think of it.

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